

School's Out! Tips for Parents

The end of the school year is upon us, which often means parties and play. The likelihood that drugs and alcohol will be at a high school party is relatively high. Eighty percent (80%) of parents believe that alcohol and marijuana are usually not available at parties their teens attend. But the reality is sobering: 50 percent of teen partygoers attend parties where alcohol, drugs – or both – are available.

While your teen probably won't let you tag along to a party, there are some things you can discuss with him before he heads out. Here are a few suggestions about how you can help your teen safely transition into the summer months.

- **Ask Questions.** Find out where your teen will be, whether or not the party will be supervised by responsible adults, the contact information of the adults who will be supervising, other friends who will be there, and so on.
- **Contact the Adults in Charge.** Some parents feel uncomfortable doing this, but it's an important step to ensure that your teen will be supervised by a responsible adult during the event. If you don't feel comfortable with the situation, avoid feeling obligated to let your child go. Remember, you are the parent.
- **Establish Rules.** Make sure your teen clearly understands that she is not allowed to use drugs or alcohol. Tell her the consequences. Establish a curfew, and be clear about what will happen if she doesn't arrive on time. If your teen is driving, ask her to call home before leaving the event so that you can know she's on her way.
- For more tips and advice, visit *TheAntiDrug.com*.

For more information contact the Employee Service Program at 800.521.1377, or stop by one of our office locations in Lansing at the Capitol Commons Center, 400 S. Pine, Suite 103, or our Detroit location in the Cadillac Place, 3068 West Grand Blvd., Suite 4-300. Counselors are available Monday through Friday from 8:00 a.m. to 5:00 p.m. For urgent mental health situations 24 hours 7 days a week, employees covered by the State Health Plan PPO should call 1-866-503-3158. Employees who belong to an HMO should call their HMO.

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