

# Do you know where your kids are right now? Are you sure?

## The Importance of Monitoring

Monitoring is an effective way you can help your tween or teen stay drug-free. While kids may complain that parents “don’t trust them” or are being unreasonable, there is security in knowing that parents care enough to ask.

Monitoring involves allowing independence, but still knowing:

- Where youth are
- Who youth are with
- What youth are doing

### Monitoring Tips

- Require them to check in by phone
- Occasionally drop in unannounced to make sure they are safe
- Ask details before and after they “go out”
- Talk to their friends and their friends’ parents often
- Stay in tune with their mood and behavior



**HELPFUL WEBSITES  
FOR PARENTS**  
[drugfree.org](http://drugfree.org)  
[parenting.org](http://parenting.org)  
[abovetheinfluence.com](http://abovetheinfluence.com)  
[theantidrug.com](http://theantidrug.com)  
[parentingisprevention.org](http://parentingisprevention.org)  
[drugfreeamerica.org](http://drugfreeamerica.org)

**GET INVOLVED!**  
[kzootaskforce.com](http://kzootaskforce.com)



### Summer ALERT

Kids that are not regularly monitored are **4 times** more likely to use drugs, than kids who are monitored regularly



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