

## Tips for Getting Along

- Make time for your teen—a few minutes of undivided attention every day.

- Find out what your teen wants from life, and help make that dream a reality.

- Do more bragging than nagging.

- If a behavior is bothering you, talk about it.

- Show your teen positive ways to calm down.

- Respect your teen's privacy.

- Praise specifically: "I loved the way you played that song."



## Information for Parents

### Get Involved in Your Community

*A Kid's Guide to Social Action, rev. ed.* by Barbara A. Lewis - a guide for helping kids get involved in their communities.

*How to Talk So Kids Will Listen and Listen so Kids Will Talk*, by Adele Faber - a realistic and respectful approach to communicating with children of all ages.

[www.pta.org/commonsense/](http://www.pta.org/commonsense/) - the national PTA's interactive website, with more advice on keeping your kids free from alcohol, tobacco and other drugs.

**Do Something!**  
423 West 55th Street, 8th Floor  
New York, NY 10019  
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### How to Help Teens Handle Pressure to Drink

During middle school the pressure to drink alcohol becomes intense for many teenagers.

#### Some suggestions from the National PTA:

- Prohibit alcohol and other drugs at parties held in your home.
- Know who your teens are going out with and where they are going.
- Meet your son or daughter's friends.
- Prohibit parties in your home when you are not present.
- Set a curfew for your teenagers.
- Have your son or daughter call you for a ride home if he or she is in a situation where the driver—adult or teenager—is impaired by alcohol or other drugs.

*"Teenagers need the most love  
when they are least lovable."*