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## News Alert

# Northeast Community Challenge Coalition

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## Spring Break: Tips for Parents

As many teens prepare for a week-long break from school, structured activities, as well as supervision— many parents are on edge because Spring Break can lead teens to engage in risky behaviors such as drinking and drug use.

Some teens may stay connected during Spring Break by using their cell phones to take photos or video which can then get posted on social networking sites like YouTube or Facebook, but there are serious downsides. Parents need to remind teens that unwanted pictures or video taken during Spring Break Can Negatively impact their future.

### Tips for Parents:

#### **1. Be Prepared.**

-Set clear rules and discuss in advance the consequences of breaking them.

#### **2. Check In Regularly:**

- Make an effort to find out what your teens are doing throughout the day and use this time to reinforce your ground rules.

#### **3. Emphasize the Importance of Making Good Decisions:**

- Encourage your teens to make smart choices and help them understand the negative consequences of drug and alcohol use.

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