



Did you know...

*How to tell if your Teen is
"Using"?*

Breaking the rules. A new group of friends. Sudden changes in appearance.

Are these typical teen behaviors or a sign of something else, like drug and alcohol use? *They're both*, and experts say the best way to learn the difference is to keep the lines of communication wide open with your teens.

Teens are pros at covering up drug or alcohol use—some clues to watch for are frequently chewing gum or eating mints, avoiding eye contact, and secretive phone calls or outings. An informed parent is in the best position to take action. Learn how to look for the signs of drug and alcohol use; so when you notice changes, you'll be ready to ask questions.

A step-by-step guide for parents who want know if their teens are drinking or using drugs: www.timetoact.drugfree.org

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NEXT PUBLIC BOARD MEETING: August 5, 2009 6:00 – 8:00 PM

River Street Meeting Room 42 River Street, Cathlamet

Supporting community-based changes to improve the lives of children and families