



FOR IMMEDIATE RELEASE  
CONTACT: Donnis Reese  
248-802-6789  
[donnis@achconline.org](mailto:donnis@achconline.org)

### **Plan a Safe Summer for Your family**

Summer is great time for families, but summer can also be high risk time for youth. Unsupervised teens are more likely to engage in underage drinking and cigarette smoking than other teens, and summer provides more unsupervised time than other months. “Parents have a greater challenge in the summer than any other time, because it’s harder to monitor their children’s behavior. But with daily planning and communication, summer can be a time to build healthy families,” stated Donnis Reese, Executive Director of the Alliance of Coalitions for Healthy Communities.

Parents can protect their children when they:

1. Talk with your youth every day about their activities and help them plan for the next day’s schedule.
2. Recognize and praise family members for their healthy choices.
3. Encourage one another to talk about what going on in their lives.
4. Reserve time to spend with youth while doing home chores and in family times that youth enjoy.
5. Make opportunities for youth to be involved in activities that build their skills and self-confidence.
6. Volunteer with your children in an activity that helps someone else.
7. Set rules and expectations of positive behavior.
8. Invite your children’s friends to supervised activities at your home.
9. When your youth is invited to a friend’s house, check with the parents to be sure the visit will be supervised.
10. Be a role model by being a consistent, positive presence in your child’s life.

Research shows that youth who a structured daily routine make healthier choices during the summer months.<sup>1</sup> More information is available at [www.TheAntiDrug.com](http://www.TheAntiDrug.com) and [www.achconline.org](http://www.achconline.org).

---

<sup>1</sup> Snyder, N. Juvenile Offenders and Victims: 2006 National Report, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention (OJJDP), U. S. Department of Justice (DOJ), 2006.