

## *Hands-on Parenting Decreases Teen Drug Use*

The Drug Demand Reduction Program at near-by Hanscom Air Force Base has shared this information with us and we want to share it with our parents of teenagers, and maybe more important, parents of “about to be teens”.

A survey conducted by the National Center on Addiction and Substance Abuse at Columbia University looked at twelve measures of parental conduct:

1. Monitoring what teens watch on television.
2. Monitoring what teens do on the internet.
3. Placing restrictions on the music teens listen to and purchase.
4. Knowing where teens are after school and on weekends.
5. Being to the truth by teens about where they are going.
6. Being aware of teens’ academic performance.
7. Imposing a curfew.
8. Making clear to teens that marijuana use is unacceptable.
9. Turning the television off during dinner
10. Informing teens that marijuana use is unacceptable.
11. Assigning teens regular chores.
12. Having an adult present when the teens return from school.

The survey considered parents "hands-on" if they consistently took at least 10 of the 12 actions. Parents were considered "hands-off" if they took 5 or fewer of the actions.

CASA president Joseph A. Califano Jr. said “whatever the family structure, whether the teen lives with both parents, a single mom or a single dad, their risk of smoking, drinking, or using illegal drugs in a hands-on household is dramatically lower than the average teen”.