

What parents can do

Look for signs

- Weakening relationships with family or old friends
- Anger or withdrawal
- Drop in grades
- Red or glazed eyes, slurred speech
- Missing money or valuables

Action Steps

- **TALK** about your expectations
- **ASK** where they will be
- **CHECK IN** at set times
- **WAIT UP** until your teen comes home
- **LIMIT ACCESS** by counting and locking up alcohol and Rx

Resources

- 211Maine.org
- DayOne.org
- DrugFree.org
- MaineParents.net
- SIRP.adcareme.org/referral/
- BackEachOtherUp.org

The logo for Back Each Other Up is a yellow speech bubble containing the text "Back each other up.org" in a stylized font. "Back" is in blue, "each" is in red, "other" is in blue, and "up.org" is in red.

Back
each
other
up.org

www.CascoBayCAN.org

Youth are 50% less likely to use drugs and alcohol when their parents talk to them regularly about the risks.



for more info



Casco Bay CAN

CREATE AWARENESS NOW

Casco Bay CAN is a local youth substance abuse prevention coalition serving Cumberland, Falmouth, Freeport, North Yarmouth, Pownal, and Yarmouth.



For a listing of substance counselors serving youth:
www.CascoBayCAN.org

Parent Resources

We compiled these tools and resources to assist parents in their efforts to address youth alcohol and drug use. Please let us know how we can help!

Together we will prevent

youth alcohol

 drug use.