

06/03/2010

Wayne Today

Butler, N.J.

Weekly 97085

0

GARDEN STATE

PRESS CLIPPING

Phone: 732-842-1616



Tips offered to safeguard your teen during prom, graduation season

For teens, the high school prom kicks off a season of fun filled graduation parties, trips to the Jersey Shore and often, a whole lot more unsupervised time.

To keep teens safe, parents need to reinforce their roles as coach and mentor so their children make wise choices.

"Parents can help ensure their

children's safety by maintaining an open dialogue with their teens," said L. Michelle Borden, associate executive director of NewBridge Services.

During this prom and graduation season, NewBridge offers the following 10 tips for parents to help keep their child safe:

Articulate rules and the conse-

quences of violating them.

When your teen goes out with friends, ask him who is driving, where they are going and when he will be home.

Instruct your teen not to drive with anyone who has been drinking alcohol, and let her know she can call you for a ride at any time.

Don't be swayed into letting

your teen partake in risky activities just because "everyone else's parents said yes."

Discuss the dangers of alcohol and club drugs.

Offer to pick up your teen if he finds himself in a dangerous or uncomfortable situation.

Invite your child's friends to your home so you can get to know

them. Praise your teen when he or she uses good judgment in the face of peer pressure or temptation.

"As they get older, teens must begin to take responsibility for their own decisions, but communication, guidance and advance planning can help steer them in the right direction," Borden said.