Develop family bond

Give them the attention and love they deservel Be available for them, have open talks, and device-free family time.

5 Ways to Prevent Alcohol and Drug Abuse in Your Teen

Monitor your intake

Keeping a check on their intake of pain killers and alcohol can prevent the teen from developing drug/alcohol abuse.

Teach Coping Mechanisms

An understanding and friendly parent can make a whole lot of difference to help the teen tackle their stress or anxiety.

Practice what you preach

Lead your teen by example. Be their role model in the true sense. Be open to honest communication!

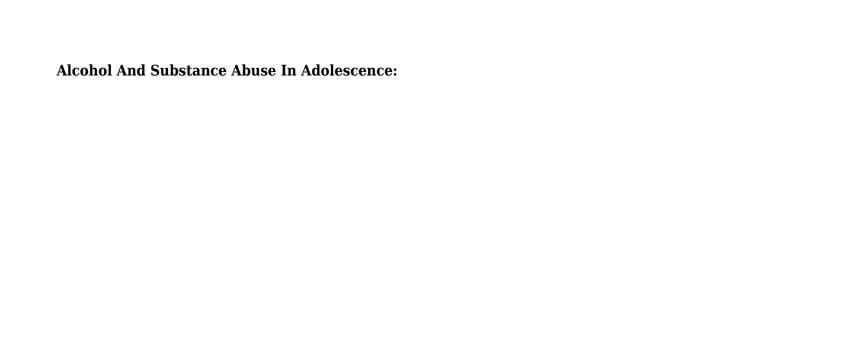
Check on peer activities

8=

Develop a friendly rapport with your teen and educate them on ways to resist peer pressure.

Alcohol And Substance Abuse In Adolescence

Christian Drosten



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