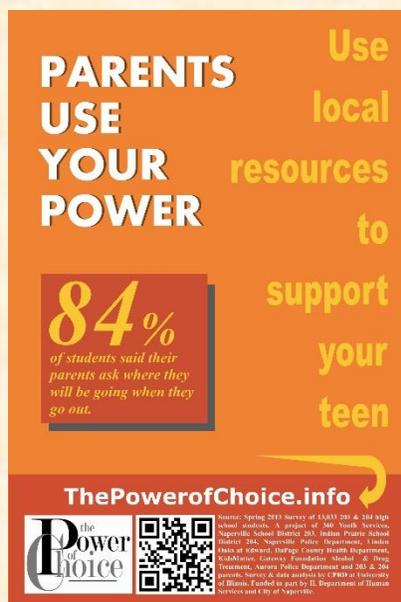


## Local Resources to Support Your Children

With so much information available, how can parents find *local* resources to help them guide their children through the preteen and teenage years? Decide to actively seek out information that supports you in your most important role. *Not sure what you need to know?* Not a problem. The Power of Choice [Parent Resource Page](#) provides information, links, and connections to people who can help, regarding a range of topics from prevention/education, to intervention/treatment, and recovery. There is something to empower all parents no matter where they are on their parenting journey and no matter what is happening in our families.



**PARENTS USE YOUR POWER**

Use local resources to support your teen

**84%**  
of students said their parents ask where they will be going when they go out.

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Source: Spring 2013 survey of 13,007 201 & 204 High School students, a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, Lake Hills of Geneva, Chicago County Health Department, Cook County Health Department, Illinois State Police, Illinois Department of Human Services, Illinois Department of Children and Family Care, Illinois Department of Public Health, Illinois Department of Transportation, Aurora Police Department and 203 & 204 parents. Survey & data analysis by 360 Youth Services and City of Naperville.

Here is just a sample of the topics covered:

- Local Laws/Ordinances Regarding Curfew, Underage Use and Hosting Liabilities
- Safe Disposal of Prescription and Over-The-Counter Medications
- Drug Information and Warning Signs
- Parent Information and Newsletters
- How to Report a Concern
- I Think or Know My Child is Using
- Local Resources
- Where Can Families Get Support
- Support for Recovery

There is a lot to learn on the website. Students can check out the student sections of the website as well.

### Parenting Power Tips:

- As a family, make a commitment to seeking outside help, support and guidance for the whole family if any family member is dealing with alcohol, tobacco or other drug related problems or other issues of concern.
- Understand and talk about school and sports team policies as well as local laws and ordinances regarding underage drinking, tobacco and other drug use, and use these to support you as you parent your child. For specific information see your schools' student handbook for school policy and [Party Guidelines and the Law](#) for local laws and ordinances.

### October is *Take-Back Prescription Drugs* and *Overdose Awareness Month*

- Talk to your kids about safe use of over-the-counter medications and prescription drugs
- Monitor all family medications. Find out how to keep your home safe at [3 Steps- Not in My House](#)
- Keep your medications in a safe place and talk to grandparents and relatives about doing the same.
- Talk to your doctors. Clearly state that you do not want them to prescribe a narcotic to your son or daughter, or yourself. Ask for other medications to deal with pain after injuries, surgery or dental work
- Safely dispose expired or unused prescription medication to protect our children, teenagers and environment. Bring your unused or expired medications to one of the drop off points listed on the [Parent Resource Page](#).



Watch for the November newsletter:  
Connect with Other Parents  
Share...Support...Network

[www.ThePowerofChoice.info](http://www.ThePowerofChoice.info)

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