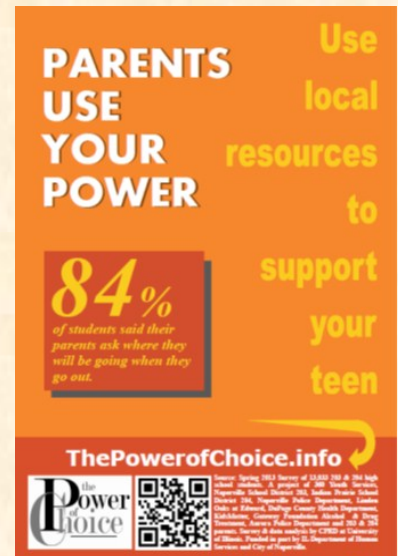


Resources Available Right at Your Fingertips

Let's decide to boldly go after the information that could support us in our most important role, being a parent. *Not sure what you need to know?* Not a problem. The [Parent Resources](#) available on the Power of Choice website provides information, links, and connections to people who can help with a wide range of topics including prevention/education, intervention/treatment and recovery. Hopefully, there is something to empower us all, no matter where we are as a parent and no matter what is happening within our families. Understanding how busy parents are, we provided a destination where you can access many different resources at once. As parents, the more we educate ourselves, the more we can use our parenting power to support our children in making healthy choices.



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.

ThePowerofChoice.info

Survey Spring 2012 Survey of 12,000 10th & 11th high school students, a project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, DuPage County Health Department, Gateway Foundation Drug and Alcohol Treatment, Linden Oaks at Edward, DuPage County Health Department, Gateway Foundation Drug and Alcohol Treatment, Aurora Police Department and 203 & 204 parents. Funded in part by IL Department of Human Services and City of Naperville.

Topics covered on the [Parent Resources](#) page:

- 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

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 school's student handbook for school policy and [Party Guidelines and the Law](#) for local laws and ordinances.

October is Take-Back Prescriptions Drugs & Overdose Awareness Month

- Talk to your teen about safe use of over-the-counter medication and prescription drugs.
- Keep medications in a safe place and talk to grandparents and relatives about doing the same.
- Monitor all family medications. [Find out what steps to take to keep your home safe](#)
- 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 disposing expired or unused prescription medication is a critical step we all can take in helping protect our children and teenagers. Bring your unused or expired medications to one of these drop off points listed on the [Parent Resource Page](#).

Watch for November's newsletter:

Connecting with other parents to Support, Share & Network



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