

## PREVENTION TALK

## IT'S ALL IN THE FAMILY

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CSAP'S WESTERN CENTER FOR THE APPLICATION OF PREVENTION TECHNOLOGIES JULIE HOGAN, PH.D. DIRECTOR

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ho is your teen's role model? If you answered his or her parents, you are

behaviors. To develop this bond, parents need to provide opportunities for their teen to learn life skills. They also need to be especially sure to recog-

women named their mothers as their role modicale their teen's efforts.4

## **REMEMBER**

One teen from Pembroke Pines, Florida sums up this positive trend by saying, "My parents have experienced so much; they are the number one resource to the real world." <sup>3</sup> Teens are reporting admiration and respect for their family members. Family members need to build on these feelings in order to influence healthy decision-making. When parents set examples of healthy living, they can influence their teen(s) to make healthy choices in their lives.<sup>2</sup>

One method of setting an example of healthy living is to make your teen feel connected to the family. When this connection or bond is developed, there are feelings of warmth, love and caring. These feelings can guide teens toward developing healthy

## TO THINK ABOUT:

- Seventy-five percent of high school students surveyed reported good family relations.
- Your values, opinions and examples have a great deal of influence on your teen(s).
- Parents can be the number one resolvente to follow the following and a substant and

<sup>&</sup>lt;sup>2</sup>Yancey, A.K., Siegel, J.M., & McDaniel, K.L. (2002, January). Role models, ethnic identity, and health-risk behaviors in adolescents. *Archives of Pediatric & Adolescent Medicine*, 156(1), 55-61.

<sup>3</sup>Washington Associated Press. (2003, August 6). Survey: High schoolers appreciate family times. Retrieved December 28, 2003, from http://www.cnn.com.

<sup>&</sup>lt;sup>4</sup> Hawkins, J.D., Catalano, R.J., & Miller, J.Y. (1992). Risk and protective factors for alcohol and other drug problems in adolescence and early adulthood: Implications for substance abuse prevention. *Psychological Bulletin*, 112(1), 64-105.