

# Protecting Your Teen From Peer Pressure

## **Keep lines of communication open.**

do not wait until they are adolescents to do so. Educators and counselors agree that open communication between parents and children helps the child better manage pressure from their peers.

will still listen and offer advice are ahead of the game. Research shows teens who report learning about drugs from their parents are up to 50% less likely to use drugs than those who have not learned anything about drugs from their parents.

**Practice some scenarios.** What if your child is offered a cigarette or a swig of alcohol? Will he or she be prepared on how to

offering some ideas as to how they can respond.

## **Listen to your teen.**

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<b>Stress</b>	Employee Assistance Program and speak with a Care Coordinator:  (713) 781-3364 (800) 324-4327	Se Habla Español (800) 324-2490	<b>Marital Problems</b>
<b>Financial</b>		<b>Family Problems</b>	
<b>Legal</b>		<b>Alcohol/Drug Problems</b>	
<b>Depression</b>		<b>Other Referrals</b>	
		<b><a href="http://www.4eap.com">www.4eap.com</a></b>	

Your employer has contracted with Interface EAP to provide you an Employee Assistance Program.