



AS A PARENT, YOU ARE THE #1 INFLUENCE ON YOUR KIDS.

**ALL TEENS
ARE AT RISK
OF SUBSTANCE
ABUSE.**

And you have the power to equip your kids to better handle the challenging realities of being a teenager.

GET SIMPLE TIPS, ADVICE AND TOOLS

to help you be the best influence possible when it comes to substance abuse and your teenage kids.

ParentUpVT.org



HELPING
VERMONT'S
PARENTS EQUIP
KIDS FOR LIFE'S
CHALLENGES.

YOUR CHILD IS AT RISK OF SUBSTANCE ABUSE BECAUSE ALL CHILDREN ARE AT RISK.

No matter how much you shelter or support your kid, the stresses and situations that face Vermont teenagers can open the door to substance abuse.

ParentUp is a resource developed specifically for Vermont parents. Visit **ParentUpVT.org** and you'll discover easy-to-use tools and practical advice that will help you be an even more positive influence on your teenage kids.

EXAMPLES OF WHAT YOU'LL FIND AT PARENTUPVT.ORG:

-  Understand the reasons why teens try alcohol and other drugs.
-  Learn how to spot the risk factors in your teen.
-  Find out how your parenting style can impact your teen's decision around substance abuse.
-  Get practical help on how to start a conversation with your teen about substance abuse.

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