

A Message to Parents & Teens:

Electronic Communication:



According to the Center for Missing & Exploited Children, 75% of teenagers have a cell phone and 93% are online

Suggested Tips:

- Parents must monitor cell phone and computer usage inside and outside the home.
- Parents and other adults should discuss with teens what is appropriate to post online and via text message and what is not, such as pictures of themselves or personal information about themselves.
- Teenagers should report any suspicious messages or contact, especially from a stranger.

Prescription Drugs:



According to a Centers for Disease Control survey, 20% of teens have taken a prescription drug without a doctor's prescription

Suggested Tips:

- Families should safeguard all prescription drugs in the home, monitor quantities, control access, and properly dispose of old/unneeded medications.
- Parents and other adults should be on the lookout for changes in teenagers: in friends, school work, activities and personality.
- Teenagers should avoid any pills or substances not prescribed or recommended by a doctor .

**FOR MORE INFORMATION
PLEASE VISIT:**

- www.missingkids.com
- ww.netsmartz.org
- theantidrug.com
- www.timetotalk.org



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