Fun Summer Activities

Sports: soccer, baseball, volleyball, tennis, online skating, swimming.

Spectator Events: baseball, basketball, soccer.

Outdoor Activities: picnicking, fishing, camping, hiking, bicycling, tossing a ball or Frisbee.

Creative Activities: pottery studio, arts and crafts studio, theatre group, local chess club, musical instrument.

Places to go: aquariums, museums, zoos, libraries, places in your neighborhood.

Mentoring/volunteering: community center, hospital, homeless shelter, nursing home, childcare center, humane society.



School's Out ...

Don't Let Your Teen's Summer Go To Pot.

Community Drug Education

TOGETHER! Youth Violence, Alcohol, Tobacco, Drug Prevention

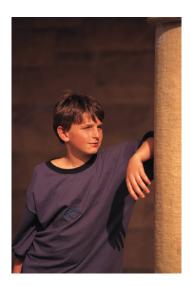
P.O. Box 5325 Lacey, WA 98509-5325 360.493.2230 / FAX 360.493.9247

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and the

Thurston County Meth Coalition

... www.methmonster.org



Summer can be a risky time for Teens

Check out the Summer Activity Checklist



Parent Tips

More teens try marijuana in summer than any other time of the year.

Each day in June and July, 6,300 youth try marijuana for the first time—40% more than the rest of the year.

Marijuana is more harmful than many parents think. It is:

- Addictive
- Damages lungs
- Impairs learning
- Decreases motivation
- Associated with risky behaviors sexual activity, driving while high, riding with someone under the influence of drugs or alcohol
- Kids who use are more likely to perceive drug use as not harmful.
- Kids who use have more friends who exhibit deviant behavior.

So how can you stop your teen's summer from going to pot?

Use the SUMMER drug free checklist. Review the items here and post it somewhere you will see every day.

Summer Activity Checklist

Have you done these with your teens yet?

- 1. Set Rules. Have you set rules and let your teen know that marijuana use is unacceptable?
- 2. Understand and Communicate. Have you talked to your teen in the past month about the harmful physical, mental and social effects of marijuana and other illicit drugs?
- 3. Monitor Your Teen's Activities and Behaviors. Have you checked to see where your teen is, who she/he is with, and what she/he is doing?



4. Make Sure You Stay Involved in
Your Teen's Life. Have you talked to
your teen's coach, employer and
friends lately?
5. Engage Your Teen in Summer
5. Engage Your Teen in Summer Activities. Have you helped plan activi-
Activities. Have you helped plan activi-
Activities. Have you helped plan activities to keep your teen busy? Teens who

6. Reserve Time For Family. Have you planned a family activity with your teen in the coming weeks, such as going to the movies together, taking a walk, or sharing a meal?

Don't Let Your Teen's Summer Go To Pot.

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