

DAILY TO-DO LIST

Here are six simple steps to improve family communication and increase your teen's overall safety. Try the conversation starters we've provided or come up with your own.

1 CONNECT

"Let's eat dinner together tonight."

"How about helping me wash the car? It will be fun doing it together."

"What's bothering you? Did something happen at school today?"

2 EDUCATE

"Alcohol is especially dangerous for young people, and here's why..."

"I love you and want you to be safe, so you need to wait until you're 21 to drink."

3 BE A ROLE MODEL

"No thanks. I'll drink tea with my dinner, I am driving."

4 ENCOURAGE

"I see you put a lot of effort into this!"

"Thanks for putting away the groceries!"

"You brought the car home early. Good job!"

5 MONITOR

"What are your plans for Saturday night?"

"Who will you be with?"

"How can I reach your friend's parents?"

6 ENFORCE

"By missing curfew, you lost car privileges this week."

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