

# Raising Healthy Tweens & Teens Communication Matters



# Manhasset Community Coalition Against Substance Abuse

**Manhasset Community  
Coalition Against Substance Abuse, Inc.  
(CASA)**

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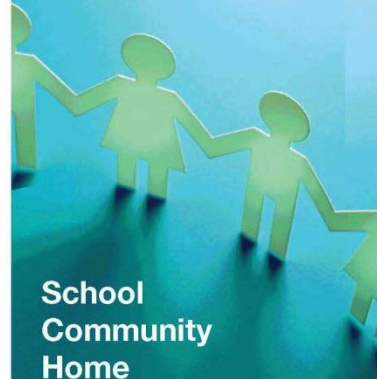
**Coalition Sector Representatives**

Manhasset CASA works with community partners from across Manhasset and Nassau County to assist in attaining its goal to reduce substance abuse among our youth:

Manhasset Public Schools  
Manhasset School Community Association (SCA)  
Manhasset SADD  
(Students Against Destructive Decisions)  
Manhasset Clergy Association  
Manhasset Chamber of Commerce  
Manhasset/ Great Neck EOC  
The Manhasset Press (Anton News)  
LICADD  
(Long Island Council on Alcoholism & Drug Dependence)  
Long Island Volunteer Center  
Nassau County Police Department Sixth Precinct  
North Shore University Hospital  
Drug Treatment and Education Center  
Nassau County Division of Chemical Dependency  
Town of North Hempstead  
Nassau County Legislature  
Tobacco Action Coalition of Long Island



**Prevention  
through  
connection**



**School  
Community  
Home**

[www.manhassetcasa.org](http://www.manhassetcasa.org)



# Manhasset Community Coalition Against Substance Abuse



Manhasset Great Neck EOC

Great Neck/Manhasset Community Child Care Partnership

Manhasset Community



CASA  
Coalition Against Substance Abuse



Mental Health, Chemical Dependency and Developmental Disabilities Services



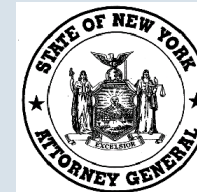
MANHASSET PRESS  
Founded 1932 - Serving the Communities of Manhasset, Mansey Park, Flanome, Flanome Heights, Flanome Manor and Flower Hill



North Shore LIJ North Shore-Long Island Jewish Health System



A Life in the Community for Everyone  
SAMHSA  
Substance Abuse and Mental Health Services Administration  
U.S. Department of Health and Human Services



PARENTS.  
THE ANTI-DRUG.

ONDCP  
Office of National Drug Control Policy

CADCA

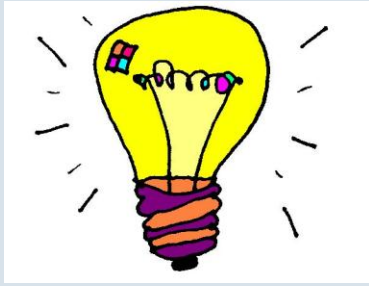
CASA  
The National Center on Addiction and Substance Abuse  
at Columbia University

The Partnership  
for a Drug-Free  
America

Ad  
Council







Every child and family is unique.



Research shows that certain approaches can sometimes make a difference.



All extended family can benefit from better understanding, communicating and connecting with teens in their lives.

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# The Seven C's of Character

- Courage
- Confidence
- Competence
- Convictions
- Compassion
- Consistency
- Common Sense



# Seven Healthy Habits of Families

- Respecting
- Supporting
- Encouraging
- Listening
- Accepting
- Trusting
- Settling Differences Together



# The Seven Deadly Habits of Families

- Criticizing
- Blaming
- Complaining
- Nagging
- Threatening
- Punishing
- Rewarding to Control





# So What's Your Parenting Style?





# Why Balanced Parenting Works

- Parents who have a strong, positive connection with their kids have teens that are better off overall;
- Love, Discipline and love intersect – warm and involved but firm and enforcing limits
  - Warmth, love and involvement make your teen more open to your influence;
  - By providing structure through limits and consequences, helps teens to regulate behavior and make good decisions;
  - Open, two-way communication helps your teen develop the thinking and social skills needed to succeed outside the family.
- Keep in mind that one-size parenting doesn't fit all – some might need more!
- Have high, but reasonable expectations for your teens. Research shows
  - Overly demanding parents can put their teens at risk
  - Too much stress can lead kids to seek an unhealthy escape
- Research finds when parents are overly harsh, permissive and inconsistent or lacking in warmth teens are MORE likely to engage in risky behaviors, including drug, alcohol or tobacco use.

# Top 10 Ways to Raise a Safe & Healthy Teen

1. Show love, warmth and interest in your teen
2. Spend time together regularly
3. Share your expectations about risk-taking and other behavior
4. Set clear rules for safety and guidance
5. Consistently enforce rules with clear consequences
6. Keep track of your teen
7. Ask questions about your teen's activities and whereabouts
8. Praise your teen as often as possible
9. Show respect to earn respect
10. Set a good example, especially when it comes to substance use

