

**Teens on the Rocks**  
HiTOPS Educator  
Corner House Therapist  
Princeton Borough Detective

**Designed for:** Parents and guardians

*“Are drugs and alcohol really a problem here?”*  
*“My daughter’s behavior has changed and I’m really worried.”*  
*“I found empty beer bottles in my son’s car – what should I do?”*

According to a nationwide survey (*Youth Risk Behavior Survey, 2005*) 43% of high school students reported having at least one or more drinks of alcohol in the month preceding the survey. Approximately 30% of 12<sup>th</sup> graders engage in heavy episodic drinking, now popularly termed *“binge”* drinking - that is, having at least five or more drinks on one occasion within the past 2 weeks. One quarter of sexually active teens report they had used alcohol or drugs before last sexual intercourse.

Take advantage of this opportunity to talk with professionals from HiTOPS, Corner House and the Princeton Borough Police Department about this important topic. This workshop gives parents/guardians an accurate idea of teen drug and alcohol use in the greater Princeton area. Using small group problem- solving and discussion, participants will learn communication strategies to help reduce the risk of drug experimentation by their children and explore ways to help teens who are already involved in drug or alcohol use.

**Our goals are to help parents and guardians:**

- Understand the pressure on teens in this community to use alcohol and drugs
- Share concerns about drug or alcohol use and their teenager
- Learn how to start the drug and alcohol conversation with their children
- Explore strategies for dealing with known drug and alcohol use in the family

**Average length of program:** 90 minutes

**Recommended number of participants:** 20-100