

# DRUGS, DEALERS, DANGER...JUST A CLICK AWAY. ARE YOU WATCHING YOUR TEENS ONLINE? ...WHO IS?

The Internet unsupervised can be a world of temptation. Pushers peddling pills and make-it-yourself drug recipes. Dealers glorifying marijuana. Bogus “pharmacies” filling orders without prescriptions. “Friends” sending text or instant messages about which parties will have pot or alcohol.

With all the advantages they bring, these technologies, such as Web sites, blogs, spam and text messages, can also expose teens to threats like dangerous drugs and put them in contact with dealers or sexual predators. What can you do? More importantly, what should you do? Parents need to monitor their teens’ activities and help them navigate the temptations in the digital world. Here’s how:

Learn about the digital devices your teen uses. Visit his Web page or send a text message to her cell phone.

Be clear and consistent about what is off limits — including which Web sites, chat rooms, games or blogs — and how to handle information promoting drugs or sex. Discuss consequences for breaking these rules.

Use technology to help monitor your teen. See for yourself what’s posted on social networking sites your teen visits by setting up your own account. Use text messaging to check in with your teen after school.

Know whom your teen is communicating with. Ask who is on his/her cell phone and instant message contact lists. Use every available opportunity to meet and get to know their friends and their parents.

Limit your teen’s time spent online, and put computers in a common area of the house so you can more easily monitor their use.

Above all, don’t feel uncomfortable with these tactics. You can do it. You’re supposed to do it. Because you owe it to them. **For more e-monitoring tips and information on how to use technology to keep your teen drug-free, visit [www.TheAntiDrug.com](http://www.TheAntiDrug.com), or call 1-800-788-2800.**

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[www.TheAntiDrug.com](http://www.TheAntiDrug.com)

**PARENTS.**  
THE ANTI-DRUG.