

Making Wise Decisions and Solving Problems

- Youths need to be taught how to make good decisions and how to obtain information that is accurate before the decision is made.
- When the decision is made, explain what is good about it and what the bad effects are of the decision.

Risks

There are risks of all kinds that we take every day, and we take more when we are young; we want to push the limits.

- Ask your child what risk-taking means to them.
- Children who need a lot of outside thrills in their lives, like loud noises, or stimulation to keep their attention seem to thrive on chaos and are at a high risk.
- Children who take more risks than others are unclear about boundaries, unsure about rules and expectations. They need to be guided into making smart, healthy decisions about risks (alcohol, tobacco, and illicit drugs).

Satisfying Curiosity

Kids are smart and they are very quick to pick-up mixed messages at home, school and from the media.

- We may do an outstanding job of educating and nurturing, but there are children who will remain curious about alcohol, tobacco and illicit drugs. They will find out about these from unreliable sources.