

2. Monitor and Observe

Teens need parents to be aware of—and let teens know they are aware of—their activities, including school performance, work experiences, after-school activities, peer relationships, adult relationships, and recreation, through a process that increasingly involves less direct supervision and more communication, observation, and networking with other adults.

Strategies for Parents	
Keep track of your teen's whereabouts	and activities, directly or indirectly, by listening, observing, and networking with others who come into contact with your teen.
Keep in touch with other adults	who are willing and able to let you know of positive or negative trends in your teen's behavior, such as neighbors, family, religious and community leaders, shopkeepers, teachers, and other parents.
Involve yourself in school events	such as parent-teacher conferences, back-to-school nights, and special needs planning meetings.
Stay informed about your teen's progress	in school and employment, as well as the level and nature of outside activities; get to know your teen's friends and acquaintances.
Learn and watch for warning signs	of poor physical or mental health, as well as signs of abuse or neglect, including lack of motivation, weight loss, problems with eating or sleeping, a drop in school performance and/or skipping school, drug use, withdrawal from friends and activities, promiscuity, running away, unexplained injury, serious and persistent conflict between parent and teen, or high levels of anxiety or guilt.
Seek guidance if you have concerns	about these warning signs or any other aspect of your teen's health or behavior, consulting with teachers, counselors, religious leaders, physicians, parenting educators, family and tribal elders, and others.
Monitor your teen's experiences	in settings and relationships inside and outside the home that hold the potential for physical, sexual, and emotional abuse, including relationships involving parental figures, siblings, extended family, caregivers, peers, partners, employers, teachers, counselors, and activity leaders.
Evaluate the level of challenge	of proposed teen activities, such as social events, media exposure, and jobs, matching the challenges to your teen's ability to handle them.
Key Message for Parents: Monitor your teen's activities. You still can, and it still counts.	