

5. Provide and Advocate

Teens need parents to make available not only adequate nutrition, clothing, shelter, and health care, but also a supportive home environment and a network of caring adults.

Strategies for Parents	
Network within the community	as well as within schools, family, religious organizations, and social services to identify resources that can provide positive adult and peer relationships, guidance, training, and activities for your teen.
Make informed decisions	among available options for schools and educational programs, taking into account such issues as safety, social climate, approach to diversity, community cohesion, opportunities for peer relationships and mentoring, and the match between school practices and your teen’s learning style and needs.
Make similarly informed decisions	among available options for neighborhoods, community involvement, and youth programs.
Arrange or advocate for preventive health care	and treatment, including care for mental illness.
Identify people and programs to support and inform you	in handling parental responsibilities and in understanding the societal and personal challenges in raising teens.
Key Message for Parents: You can’t control their world, but you can add to and subtract from it.	