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## Fun Summer Activities

**Sports:** soccer, baseball, volleyball, tennis, online skating, swimming.

**Spectator Events:** baseball, basketball, soccer.

**Outdoor Activities:** picnicking, fishing, camping, hiking, bicycling, tossing a ball or Frisbee.

**Creative Activities:** pottery studio, arts and crafts studio, theatre group, local chess club, musical instrument.

**Places to go:** aquariums, museums, zoos, libraries, places in your neighborhood.

**Mentoring/volunteering:** community center, hospital, homeless shelter, nursing home, childcare center, humane society.



Community Drug Education

## TOGETHER!

Youth Violence, Alcohol, Tobacco, Drug Prevention

P.O. Box 5325 Lacey, WA 98509-5325  
360.493.2230 / FAX 360.493.9247

[www.thurstonTOGETHER.org](http://www.thurstonTOGETHER.org)

and the

Thurston County Meth Coalition

... [www.methmonster.org](http://www.methmonster.org)

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# School's Out ...

**Don't Let Your Teen's Summer Go To Pot.**



**Summer can be a risky time for Teens**

**Check out the Summer Activity Checklist**

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## Parent Tips

More teens try marijuana in summer than any other time of the year.

Each day in June and July, 6,300 youth try marijuana for the first time—40% more than the rest of the year.

Marijuana is more harmful than many parents think. It is:

- Addictive
- Damages lungs
- Impairs learning
- Decreases motivation
- Associated with risky behaviors — ***sexual activity, driving while high, riding with someone under the influence of drugs or alcohol***
- Kids who use are more likely to perceive drug use as not harmful.
- Kids who use have more friends who exhibit deviant behavior.

**So how can you stop your teen's summer from going to pot?**

**Use the *SUMMER* drug free checklist. Review the items here and post it somewhere you will see every day.**

## Summer Activity Checklist

*Have you done these with your teens yet?*

- 1. Set Rules.** Have you set rules and let your teen know that marijuana use is unacceptable?
- 2. Understand and Communicate.** Have you talked to your teen in the past month about the harmful physical, mental and social effects of marijuana and other illicit drugs?
- 3. Monitor Your Teen's Activities and Behaviors.** Have you checked to see where your teen is, who she/he is with, and what she/he is doing?



- 4. Make Sure You Stay Involved in Your Teen's Life.** Have you talked to your teen's coach, employer and friends lately?
- 5. Engage Your Teen in Summer Activities.** Have you helped plan activities to keep your teen busy? Teens who are involved in constructive and adult-supervised activities are less likely to use drugs.
- 6. Reserve Time For Family.** Have you planned a family activity with your teen in the coming weeks, such as going to the movies together, taking a walk, or sharing a meal?

**Don't Let Your Teen's Summer Go To Pot.**

**PARENTS  
THE ANTIDRUG**  
[www.theantidrug.com](http://www.theantidrug.com)