

Teens report that
their parents have the
greatest influence
over their risk behavior
decisions—
more than friends,
siblings, or the media.



What is parental monitoring?

You're using parental monitoring when you ask your teen:

 **Where will you be?**

 **Whom will you be with?**

 **When will you be home?**

Learn more: cdc.gov/healthyyouth



Positive Parenting Practices

A key parental role is helping teens understand that their health and well-being are not simply a matter of chance, but a **matter of choice.**





Parents are a powerful influence in the lives of their teens.

Research shows that teens who believe their parents disapprove of risky behaviors are less likely to choose those behaviors.



Parent Engagement

Research shows that when parents and school staff **work together**, students are healthier and more successful.



How can schools increase parent engagement?

Address common challenges to getting and keeping parents engaged

Make a positive connection with parents

Provide a variety of activities and frequent opportunities to fully engage parents

