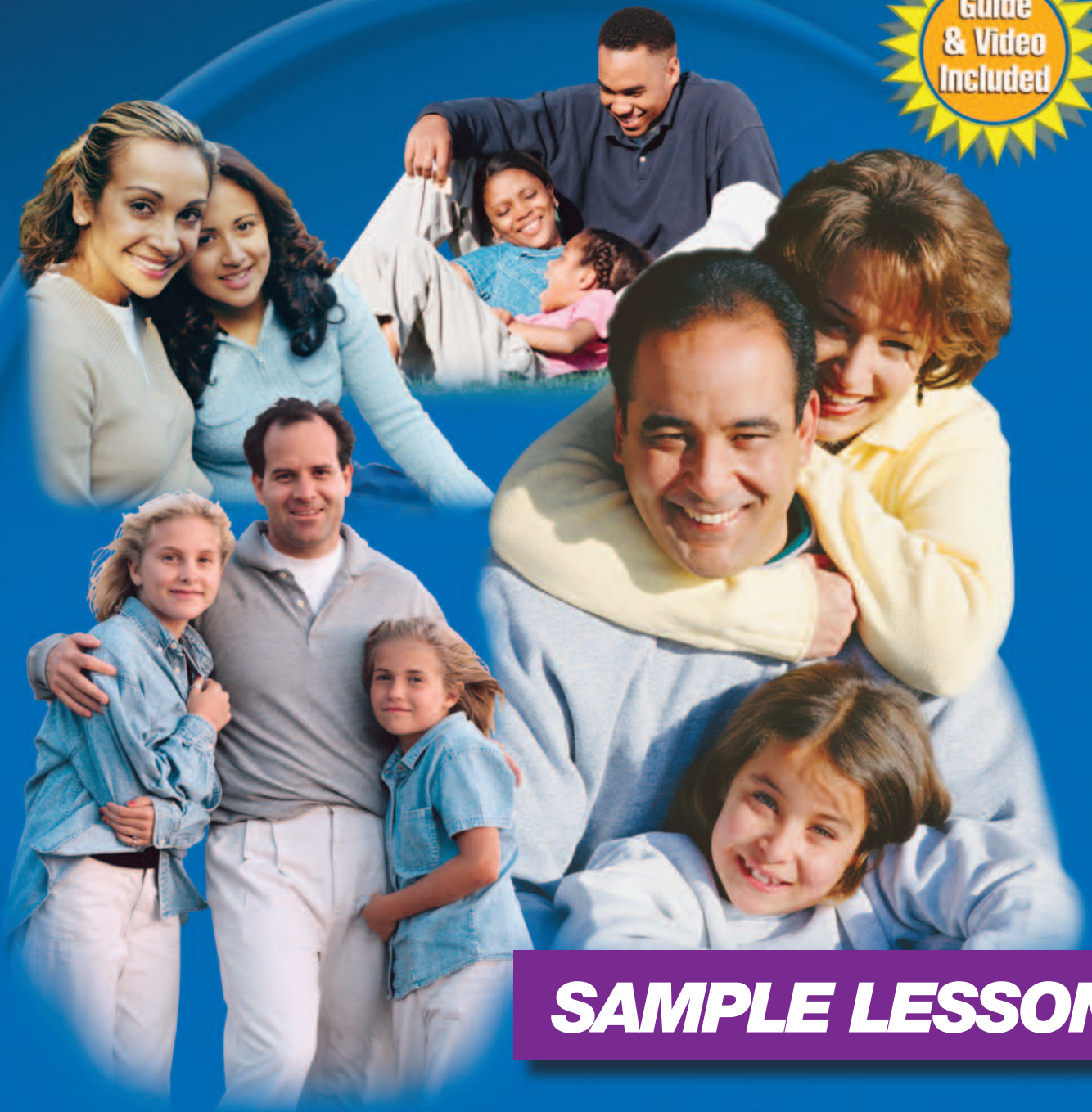


LifeSkills Training

PARENT PROGRAM

A Guide for Raising Drug-free Youth

**Guide
& Video
Included**



SAMPLE LESSON

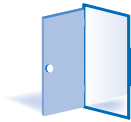


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Parent Program Sample Lesson: Parental Monitoring

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Parental Monitoring



Parental Monitoring



Each lesson starts with a topic overview that provides parents with background information on the unit.

What Is Parental Monitoring?

Parental monitoring means keeping an eye on your child—keeping track of who your child is with and what your child is doing on a day-to-day basis, knowing exactly where they will be, who they are spending time with, and whether they will be supervised by an adult. Monitoring is a skill that incorporates good family communication and discipline. It involves communicating information, clarifying what is expected of the child, setting limits where necessary, and choosing the right way to keep your child within those limits.

Why Monitor?

The reason you should monitor your children is to help your kids stay safe. Parents can keep their kids from using drugs by knowing the details of their children's lives (for example, knowing where your kids are, who their friends are and whether their friends' parents share your values), and trying to make sure there is adult supervision whenever possible.

How Far Should You Take Monitoring?

How closely you should monitor depends on your child. Some parents just have to set guidelines about what is allowed and have daily discussions to make sure that the child is staying away from trouble. With a child that gets into a lot of trouble, monitoring may mean setting strict curfews, not letting them hang out with certain friends, making sure that all after-school activities have adult supervision, and in some circumstances, going for counseling. You will need to think deeply about your child and the safety of the neighborhood you live in to decide how much monitoring is necessary.

Helpful tips in the Parent Program provide valuable information for parents to consider in understanding their child's behavior patterns.



But, First...

Parents who are too strict—or too easy—don't normally do well keeping their children away from high-risk behaviors. You need to think about what kind of person your child is and what kind of parent you are, and then set simple rules that everybody understands. Talk to your kids before you set the rules, talk to them to see if they're following the rules, and also talk to them to see if the rules need to be changed from time to time. Above all, make sure that you are talking with your child on a daily basis.

The following are some things to consider in deciding how much monitoring is needed:

- Is your child a risk taker? What's your child's personal safety record? Think about things like how many times she gets into trouble at school or with friends. Is it a lot?
- How do you feel about risk-taking? Do you feel your child takes a lot of risks?
- Does your child make good decisions? Does he talk to you about his decisions?
- Do you communicate well with your child?
- What's your neighborhood like? Are there safe places for your child? Unsafe places? Where would your child be most likely to get into trouble, or get hurt?

Here are some examples of monitoring:

- Knowing who your child is spending time with and what she is doing.
- Getting to know the parents of your child's friends and keeping in touch with them about what the kids are doing.
- Making it very clear how you expect your child to behave and setting ground rules about what they do and where they do it.
- Setting rules for use of TV, video games, Internet, Music, etc.
- Making time for discussing everyday activities, such as having family meals together.



Activity #1: Creating A Contract



Creating A Contract

With young children, parents set the rules, and that's that! But, as kids grow up, they begin to question and rebel against rules. All of the family communication, rule-setting and monitoring becomes much harder. Yet it is now more important than ever to be an effective parent, to set limits and know what is going on. Making a contract allows the child to feel he has a part in setting rules.

- 1. Clarify the issue** and just what is at stake (for example, personal safety).
- 2. Establish general rules** (for example, we will let each other know where we are at all times). These are based upon an understanding of the problem and of each person's needs and feelings.
- 3. Spell out specifics.** How will everyone meet the rules? What is everyone responsible for?
- 4. Discuss what will happen if the contract is breached.** What are the consequences of breaking the contract?

Practical and easy-to-use activities foster family communication.

Situation / Problem / Issue

General Rules

The Parent Program video models various family scenarios of parent and child communication at the beginning of each lesson.



*Sample from Parent Video



What Have We Accomplished?

You have laid down some rules and guidelines for behavior and your kids will know where you stand on important issues. Kids generally behave better when they know just how far they can go and just how much is acceptable. Now, the big follow-up here is to follow all the guidelines you've set in place, and make sure your kid knows you're going to stick to them.

Summaries at the end of each unit reinforce the goals and achievements attained through the lesson.



*Sample from Parent Video