



## What's a Hands-On Parent?

Hands-on parents establish a household culture where they consistently set down rules and expectations for their teen's behavior and monitor what their teen does. Teens living with hands-on parents are half as likely to use substances as the average teen.

Parents who perform at least 10 of the following 12 actions are considered to be hands-on:

- Parents expect to be told where teen is going in the evening or on weekends and is told the truth by the teen.
- Parents have made clear they would be "extremely upset" to find teen using marijuana.
- There are not periods of time of an hour or more after school or on weekends when parents do not know where their teen is.
- Parents monitor what teen is watching on TV.
- Parents impose restrictions on the kind of music teen is allowed to buy.
- Parents are very aware of how teen is doing in school.
- Parents monitor teen's Internet usage.
- Family typically has dinner together six or seven nights a week.
- Teen has a weekend curfew.
- An adult is always at home when teen returns from school.
- Teen is responsible for completing regular chores.
- The TV is not on during dinner.

