

# 10 Strategies to Deter Youth Risky Behaviors Over the Holidays



## Communicate Openly

Encourage honest conversations about their plans, friends, and feelings. Make it easy for them to come to you.



## Set Clear Expectations

Outline family rules about alcohol, drugs, and other risky behaviors, along with clear consequences.

## Supervise and Monitor

Know where your children are, who they're with, and what they're doing. Regular check-ins are key.



## Promote Family Time

Plan engaging activities like movie nights, baking, or outings to strengthen family bonds.

## Encourage Positive Friendships

Support relationships with peers who share similar values and make healthy choices.



## Secure Risky Items

Lock up alcohol, medications, and other substances to reduce temptation and access.

## Teach Stress Management

Help your child manage holiday stress with healthy outlets like exercise, mindfulness, or journaling.

## Provide Alternative Activities

Keep them busy with community events, volunteering, or sports to prevent boredom.

## Educate About Risks

Discuss the consequences of risky behaviors like drinking, drug use, or unsupervised gatherings.

## Be a Role Model

Demonstrate responsible behaviors in areas like conflict resolution and alcohol use, as kids often emulate adults.

