

TEENS AND RISKY BEHAVIOR

by Lisa Damour, PhD

Use these key phrases to help your teen stay safe:

- “Don’t focus on whether you could get caught – you probably won’t. Focus on whether you could get hurt.”
- “If your friends want to do something that makes you uncomfortable, feel free to blame your good behavior on me.”
- “Call me if things get out of hand. I will never make you sorry that you asked for my help.”
- “Just because something’s legal, doesn’t mean it’s safe – take cigarettes and tanning beds, for example. You can be on the right side of the law and the wrong side of the science.”
- “You want freedom and I want to give it to you. The more evidence I have of your good judgment, the more freedom you can have.”
- “Nothing matters more to me than your safety. I don’t hate fun. I love you.”

