

Parent Up - Prevention Techniques

The Vermont Department of Health has created a great website resource for parents with tools, resources and education about substance abuse.

The site explores who is at risk, what is at stake and how to prevent substance abuse.

A unique interface allows users to choose their parenting style from four examples and delivers a customized set of tools based on that style.

We like this comprehensive site. Kids are surrounded by pressures and influences. Make sure you are armed with the latest and most accurate info—so you can be the best influence possible.

[Visit Parent Up](#)

The screenshot shows the 'Parent Up' website. On the left is a teal sidebar with the logo 'PARENT UP' and a list of navigation links: 'WHO'S AT RISK?', 'WHAT'S AT STAKE?', 'HOW CAN I HELP PREVENT IT?', and 'HOW CAN I HELP MY AT-RISK TEEN?'. The main content area features a photograph of a smiling woman and her daughter. Below the photo, the text reads: 'ALL TEENS ARE AT RISK OF SUBSTANCE ABUSE AND OTHER SERIOUS ISSUES. BUT YOU ARE THEIR #1 INFLUENCE.' This is followed by a paragraph: 'Kids are surrounded by pressures and influences. Make sure you are armed with the latest and most accurate info—so you can be the best influence possible.' Below this is a dark teal bar with the text 'Choose the quote that best captures your parenting style:'. At the bottom, there are four circular icons, each with a quote and a small '99' in a circle. The quotes represent different parenting styles: grounded and supportive, encouraging independence, accepting of teenage behavior, and strict control.

PARENT UP

- WHO'S AT RISK?
- WHAT'S AT STAKE?
- HOW CAN I HELP PREVENT IT?
- HOW CAN I HELP MY AT-RISK TEEN?

ALL TEENS ARE AT RISK OF SUBSTANCE ABUSE AND OTHER SERIOUS ISSUES. BUT YOU ARE THEIR #1 INFLUENCE.

Kids are surrounded by pressures and influences. Make sure you are armed with the latest and most accurate info—so you can be the best influence possible.

Choose the quote that best captures your parenting style:

- "My child is well grounded, ambitious, and totally supported—not the kind of kid who falls into trouble."⁹⁹
- "I'm giving my teen independence so she knows she's trusted."⁹⁹
- "Partying is part of being a teenager. As long as my kids are being safe, I'm not too worried."⁹⁹
- "My kid knows they won't get away with anything in this house."⁹⁹