

**Know the risks:** "But it's only marijuana" or "It's only alcohol"... "Teens are expected to experiment." Not any more! We now know that substance use interferes with brain development, making teens more vulnerable than adults to addiction, brain damage and injury. A 16-year-old is more likely to die from an alcohol-related cause than for any other reason. Alcohol and drug use weaken concentration and memory during a teen's peak learning years. **Why risk it?**

# KNOW

## YOUR ANSWERS

[www.tonkacares.org](http://www.tonkacares.org)

5621 County Road 101 • Minnetonka, MN 55345

**Write:** Tonka CARES

**E-mail:** [tonkacares@minnetonka.k12.mn.us](mailto:tonkacares@minnetonka.k12.mn.us)

**Call:** 952.401.5042

**CONTACT US**

Working Together to Reduce  
Underage Substance Use



# KNOW

## YOUR FACTS

**KNOW THE POWER OF PARENTS.** As a parent, you have the greatest influence on your teen's decision-making. Use this influence! Prevent drug and alcohol use through open communication and clear limitations. Set curfews and enforce them. Remove temptation by locking up liquor and prescription medications. Lead by example—if you drink, use alcohol responsibly.

**KNOW WHERE TO GO FOR HELP.** If you feel overwhelmed dealing with your teenager, you are not alone! Many families face challenges along the way. For a list of resources that offer confidential help, go to [www.tonkacares.org](http://www.tonkacares.org). Good places to start include Minnetonka High School's Chemical Health Counselor (952-401-5740); Hopkins Minnetonka Family Resource Center (952-988-5350); West Suburban Teen Clinic (952-474-3251); Relate Counseling Center (952-932-7277).

**KNOW YOUR CHILD.** Getting to know your child takes time, but it's worth it! Set aside time each day for communication and listening. Who does your teenager hang out with? Get to know your child's friends and their parents. The better you know your child, the better you'll communicate and the more likely you are to notice subtle changes in his or her behavior.

## **KNOW Tonka CARES!**

### **COLLABORATION**

- **We can have an impact on underage substance use if we work together.** Find out more at [www.tonkacares.org](http://www.tonkacares.org)

### **POLICY**

- **Public and institutional policies have a powerful effect on underage substance use.** We track the latest research and make recommendations to local policy-makers.

### **YOUTH**

- **Young people have a voice in our work.** *Tonka Leadership Challenge* provides an opportunity for Minnetonka High School students to pledge not to use chemicals as part of their commitment to community leadership.

### **PARENTS**

- **Parents are empowered** through programs such as *Eat.Talk.Connect* and the *Safe Homes Directory*. Parent classes, forums and [www.tonkacares.org](http://www.tonkacares.org) provide parents with the resources they need to make informed choices.

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[www.tonkacares.org](http://www.tonkacares.org)



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