



Parent SELF-ASSESSMENT

See if your attitudes and behaviors may promote the growth of behavioral health problems in your child.

What message are you sending?

	OFTEN	SOMETIMES	NEVER
Do you make lighthearted or joking comments about other people's substance misuse? (e.g., "She holds her liquor well!")			
Do you tell funny or glorified stories about you or your friends' drinking antics or risky behavior when you were younger?			
Do you ask your child to get you a drink from the fridge?			
Do you see drinking or other risky behavior as a rite of passage for teenagers that can't be avoided?			
Do you host adult social gatherings at your home where alcoholic beverages are the only drinks served and/or where drinking is the central focus of the gathering?			
Do you assume that alcohol is a necessary part of any celebration or social gathering?			
Do you model using alcohol as a stress reduction tool by saying comments like "I've had a long day, I need a drink!"?			
Do you offer alcohol to your teen as a "special treat" for celebrations, holidays, special occasions, family gatherings, etc.?			
Does your child observe you drinking more than 2 or 3 drinks on any one occasion?			
Do you make threats for consequences of poor behavior that you don't adhere to?			
Do you bend rules and expectations for different situations?			
Is your child's life generally unstructured?			
Do you allow your child to engage in social interaction without getting specific details or ensuring there is proper supervision?			
Do you allow your child to get away with coming home late for curfew?			
Do you assume your child would rather talk to his or her peers about their feelings and stressors?			
Are there easily accessible prescription opioids within the home?			
Do you ever share your prescription opioids with other people?			
Do you speak negatively about yourself, other people, or situations beyond your control?			
Do you use poor coping mechanisms to handle your own stress?			

If you answered "often" or "sometimes" two or more times, you might be unintentionally sending mixed messages to your child



Your children look to you for guidance, so continue providing clear and consistent messaging on morals, expectations, and reducing risk through better choices.

Adapted in part from Maine Office of Substance Abuse: maineparents.net/Media/2002_campaign.htm