

## Set and enforce clear rules

### CHECKLIST

- Create a list of family rules and expectations for the proper use of prescription drugs.**
  - Rule should be clear and simple.
- Provide consequences, if broken, for each rule and expectation.**
  - Effective consequences are enforceable and not rewarding to your teen.
- Ask your teen for his or her input on the rules, expectations, and consequences.**
  - Discuss the logic behind each consequence and why the rules are important so that your teen understands them.
- Emphasize to your teen that he or she can come to you any time with questions and concerns.**
  - Actively listen to your teen's questions and concerns. If you don't know the answer to the question or are unsure about how to respond, research the topic and get back to your teen with the information.
- Be prepared to follow through with consequences.**
  - Consistently give consequences when a rule is broken.