



My teen is using. Is that normal?

My teenager is using. Identify the needs that this use can meet:

- Curiosity
- Fitting in, impressing friends
- Challenging authority, provoking adults
- Having fun, letting off steam
- Overcoming shyness at a social event
- Relaxing, unwinding
- Stimulating themselves
- Other:

What actions have I taken as a parent to support and accompany them in their use:

What rules are in place at home regarding use:

What new actions can I take to help my teen:

**Congratulations on your commitment to the teen circuit!
Maintain your self-confidence and revisit the tools you'll need
throughout your adventure with your teen. Happy trails!**