

## ***General tips for friends and family members***

1. First, take care of yourself.
2. Be a united front.
  - Set boundaries.
  - Set limits regarding technology, money, etc.
3. Identify your own “hot buttons”.

For more information on reducing the risk of teen substance use and addiction, check out [rogersbh.org/TBD](http://rogersbh.org/TBD).

