Terra Linda High School Joins Be The Influence Parenting Program

Terra Linda High School is joining a growing parent initiative called Be The Influence, which seeks to reduce our teens’ use of alcohol, marijuana and other drugs. Teens in Marin County binge drink and use drugs like marijuana at higher rates than state and national averages. But our surveys also show that teens whose parents disapprove of teen drug and alcohol use are three times less likely to use these substances.

Parents Are Their Teen’s Most Important Influence. The BTI program is premised on the simple fact that parents have a lot more influence with their teens than they think they do. It’s based on research that shows that increased “supervision”, and an “engaged” parenting style can help delay early experimentation and use. The research is very clear that the longer kids “delay” using alcohol & other drugs, the less likely they are to have substance abuse issues later in life. Many parents cling to the false notion that their children will be “safer” if taught to “drink responsibly”, or “experiment” in their homes. While this may be well intentioned, the research shows these actions are counterproductive in the long term. Studies clearly demonstrate that when parents allow children to drink alcohol at home, those teens are more likely to drive drunk, drink outside the home and drink in larger quantities.

Make the Pledge. Be the Influence consists of a simple Parent Commitment that encourages all parents to commit their best efforts (note its not a binding contract) to take a few key measures -- such as hosting only supervised alcohol and drug free teen parties, and networking with other parents -- so that more families will feel empowered to do the same. Research has proven that parent commitment programs like BTI reduce teen parties and substance use, and have been successfully used in communities worldwide.

Click here to view/sign the Be The Influence Parent Commitment.

Online Parent Contact List. Each parent who signs the Commitment is added to our online Parent List, which contains contact information of participating parents. This valuable resource is password protected at www.betheinfluence.us and available only to BTI parents. When your teen is going to a new friend’s house, you can check if that family has signed the Commitment and then make contact with the parents.

Newsletters. BTI parents also receive bi-monthly emailed Newsletters with information on specific topics – from alcohol to vaping – as well as parent education programs, recommended reads and other resources. Parents who are hesitant to sign the Commitment still can sign up to receive the newsletters. BTI’s March Newsletter on Vaping may be viewed at https://mailchi.mp/8f5a4200d1c8/be-the-influence-march-2018-newsletter and the January Newsletter on Marijuana is at http://mailchi.mp/c5e6ff1835cf/be-the-influence-november-2017-newsletter-2633213.

We realize that families have different views and attitudes toward alcohol and marijuana use, but because we are all part of the Terra Linda community we strive to respond, in a
common voice, to support our teens. Let's work to keep them healthy and safe.

If you would like to learn more about BTI, visit www.betheinfluence.us.

Thank you.