

## Canton High School Survey Conclusions

### What can concerned parents do immediately?

### Intervene before it's too late!



- Eat 1 meal per day with your children
- Set expectations for homework (in terms of stress, the healthiest groups of students do 1 – 2 and 2 – 3 hours of homework per night)
- Arrange the schedule so that your children are not home alone more than an average of 2 hours daily
- Know where your children are, and with whom, when they are not at home.
- Set clear rules about the use of alcohol and drugs
- Become more aware of stress levels and more informed about stress reduction
- Help your student become involved in civic organizations and volunteering in the community
- Limit the amount of time your student spends “hanging out with friends”

