

THE PARENT



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REPORT CARD

Involvement with your child's school and other activities is the key to many of your child's successes. Your child's academic success is rated in his or her report card.

HOW DO YOU RATE? (1 point for each question. Mom and Dad should take the test separately. Each parent's part is important)

1. I speak to my child's teacher several times a year. Yes or No
2. I attend school events like Meet the Teacher Day, Open House and Curriculum Fairs. Yes or No
3. I am an active participant in the PTA or equivalent parent association. Yes or No
4. I attend athletic or social events that are important to my child's school and to my child. Yes or No
5. I know my child's friends and invite them to my home. Yes or No
6. I know the parents of my child's friends and talk to them about our children's activities, events and plans. Yes or No
7. I often participate with my child in social activities that include other families and a variety of ages. Yes or No
8. I chaperone my child's parties. Yes or No
9. I know or meet the chaperones at the parties my child attends. Yes or No
10. If my child's school needs a chaperone for a field trip or party, I will volunteer. Yes or No
11. My child and I attend weekly religious services together. Yes or No
12. We eat dinner together as a family at least four times a week. Yes or No
13. We have established family guidelines for teen behavior. Yes or No
14. Clear guidelines are visual & posted. Yes or No
15. I take inventory of my medicines in my medicine cabinet. Lock Your Meds. Yes or No

SCORING

11-15 YES:

You are a **Parent Leader**. Start a **Parent Peer Group** and/or participate in our **Blog** to help others become more informed.

6-10 YES:

You are an **Involved Parent**. A little more investment could pay off big for your child. Join the **PTA** and purchase a **Parent Pilot Kit** to move to the next level.

0-5 YES:

You need to become an **Informed Parent**. Subscribe to our **newsletter** and attend/view our **monthly webinars** to learn more.



Thank you using the Parent Report Card. Was the result what you expected? Informed Families created the Parent Report Card to make parents aware of what they can do to further protect their children from using drugs and alcohol.

Access all these great resources on our site at www.InformedFamilies.org. See what your responses mean below:

11-15 YES: You are a Parent Leader. Consider helping others to become more informed and involved. Here's what you can do:

- Participate in our Blog to be part of the conversation and inform others.
- Start a Parent Peer Group at your child's school.
- Attend our monthly webinars and Lunch & Learns featuring hot topics and speakers. You can attend in person or online, right from your computer or mobile device.
- Become a Red Ribbon Ambassador for prevention at your child's school. Help us spread the message of prevention.

6-10 YES: You are an Involved Parent. A little more investment could pay off big for your child. Here's what you can do to improve your score:

- Join the PTA at your child's school. They're always looking for volunteers and it's a great example for your child.
- Purchase a Parent Pilot Kit to move to the next level. It has a Chore Chart that is an excellent tool to keep kids focused and it introduces a rewards system.
- Attend our monthly webinars and Lunch & Learns featuring hot topics and speakers. You can attend in person or online, right from your computer or mobile device.
- Become a Red Ribbon Ambassador for prevention at your child's school. Help us spread the message of prevention.

0-5 YES: Don't get discouraged. You need to become an Informed Parent.

Here's how you can improve your score:

- Join our Parent Network as a first step. You'll get customized info on the latest trends and tips parents are using to protect their child from substance abuse.
- Attend our monthly webinars and Lunch & Learns featuring hot topics and speakers. You can attend in person or online, right from your computer or mobile device.