

# Parents and Caregivers



*Do you know the factors that matter?*

These simple actions can help your children **develop healthy habits, make better choices**, and **manage stress**:

Be available to help.

Know their whereabouts.

Involve them in family decision-making.

Show all family members respect.

Communicate clear disapproval of drug and alcohol use.

*It takes three to succeed.*

Learn all of the factors that matter at [fairfaxcounty.gov/youthsurvey](https://www.fairfaxcounty.gov/youthsurvey).

