

## **Cell Phones Can Make It Easier For Teens To Get Drugs**

As a parent, you probably remember the collect call. Well, your teen does not. Most teens in today's technology-focused world have a cell phone, which they have with them all the time, and it's most likely tricked out with special ring tones, fashionable carriers, faceplates, and so on. In fact, text messaging, and the lingo that goes with it, is more commonplace among this age group than e-mailing.

While cell phones allow teens to stay connected to friends and family, they can also be easily misused to gain access to drugs. There are true stories of teens who have had a handful of drug dealers within a 10-mile radius programmed into their cell phone. Instead of having to go to a seedy neighborhood to pick up her drugs, teens can text a dealer in between classes, then have the drugs delivered near campus right after school.

So how can you protect you teen from the same trap? Here are some tips to guide you:

1. Ask to sit down with your teen and go through their cell phonebook. If there are names and numbers you do not recognize or feel uncomfortable with, request that your teen delete them.
2. Whether you pay your teen's cell phone bill or not, take time each month to review the billing statement, which lists the numbers of all outgoing and incoming text messages and calls.
3. Check out your teen's picture downloads, too. Be particularly aware of what's in the background, if there is alcohol in the scene or other people that you do not know.

