



# Time for Teens To Get Busy

*Restless teens may fill the void with unhealthy choices  
such as alcohol, tobacco, or illegal drug use*

## Knowing the Risks of an Idle Summer

Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.family.samhsa.gov/get/timeteenbusy.aspx](http://www.family.samhsa.gov/get/timeteenbusy.aspx)

For Information and Resources on the  
Prevention of Substance Use Disorders Contact:

**Connecticut Clearinghouse**  
[www.ctclearinghouse.org](http://www.ctclearinghouse.org) or call 1.800.232.4424