

Scavenger Hunt & Map



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INSTRUCTIONS:

Grab your binoculars and your best hiking shoes. It's time for a family scavenger hunt! Use the map to discover our partially hidden signs along the trails at Wasatch Mountain State Park. The info on each sign or in this booklet can be used to answer the scavenger hunt questions. There will also be opportunities to brainstorm some ideas as a family. When you're done, show the completed booklet to a ranger at the visitor's center for a prize.

The search starts here

Welcome to Utah's Parents Empowered Scavenger Hunt. Hidden along the trails of Wasatch Mountain State Park are five signs—but look carefully, because the signs are uniquely placed to blend into their surroundings. Like in nature, some things are hard to spot, even if it's still there. It's the same with parenting — you need to look carefully for ways to spend more time with your kids. Search for hidden opportunities and new ways of connecting with them. As you walk the path today, work together with your children to learn the protective skills that will help strengthen your bond as well as keep your kids safe and their brains healthy. Good luck!



SIGN 1:
Bonding



SIGN 2:
Boundaries



SIGN 3:
Monitoring



SIGN 4:
The Adolescent Brain



SIGN 5:
Parents
Are #1



Sign 1: **BONDING**

STICK CLOSE TOGETHER.

You found the first sign! Staying close with your kids is about having fun and being involved in their lives. Did you know that kids who are close to their parents are much less likely to drink? Spend time with them in their world, doing things they like to do—like you're doing right now on this hike. Play a board game. Go for a bike ride. Ask about their day. Simply put, show an interest in *their* interests. When you're close, it's easier to notice things you might otherwise have missed, like this partially hidden sign.

KIDS, LIST SOME ACTIVITIES YOU'D LIKE TO DO WITH YOUR PARENTS.

- 1)
- 2)
- 3)
- 4)
- 5)



FILL IN THE BLANK:

1. Parents and kids should spend at least minutes of quality time together each day.



Sign 2:

BOUNDARIES

DON'T CAMOUFLAGE YOUR EXPECTATIONS.

Wow! You saw the second sign. Unlike this partially hidden sign, your rules about alcohol need to be clear. The good news is, Utah data shows if kids believe their parents strongly disapprove of underage drinking, 97% of those kids choose not to drink. Set clear “no underage drinking” rules by age 9 and review them regularly.

- Teach the risks of underage drinking.
- Discuss what to do if alcohol is present.
- Consistently enforce the rules.
- Help kids choose friends wisely.
- Practice saying “no” to alcohol.



CIRCLE THE CORRECT ANSWER:

2. If kids believe their parents strongly disapprove of underage drinking, what percentage of those kids choose not to drink?

A) 43% B) 64% C) 79% D) 97%

FILL IN THE BLANK:

3. You should set underage drinking rules by the age of .

4. Take a minute and write down your family's rules about not drinking underage.



Sign 3:

MONITORING

KEEP YOUR EYES OPEN.
CHECK IN WITH YOUR KIDS OFTEN.

Amazing! You spotted the third sign, which was probably a little hard to notice. Just like this scavenger hunt, it's important to pay close to attention to the details in your kids' lives. This is particularly true during the key teenage years, when parental involvement tends to drop. Staying involved in your kids' lives and asking open-ended questions about their activities are great ways to show how much you care. Use the 5 Ws to check in with them and keep them safe:

- **W**here are you going?
- **W**ho will you be with?
- **W**hat will you be doing?
- **W**hen will you be back?
- **W**ill alcohol be present?



FILL IN THE BLANKS:

5. Why do you think it's important to check in with each other often?

CIRCLE THE CORRECT ANSWER:

6. What is the third W?

- A) Who will you be with?
- B) Will alcohol be present?
- C) When will you be back?
- D) What will you be doing?

Sign 4: **THE ADOLESCENT BRAIN**

A HEALTHY BRAIN IS
A HAPPY BRAIN.

You found the fourth sign.
Just one to go! Together,
you can help your kids stay on
the path that keeps them safe
and their brains healthy. Stay
close to your kids—especially
during adolescence—and set
rules and boundaries to guide
them forward. The benefits of a
healthy brain can help contribute
to greater career opportunities,
more fulfilling relationships and a
brighter overall future.



FILL IN THE BLANK:

7. The adolescent brain continues
developing until approximately
what age?

8. What does your family think the
benefits are of having a healthy brain?

Sign 5:

PARENTS ARE #1

PARENTS ARE THE MAIN INFLUENCE
IN THEIR KIDS' LIVES.

Congratulations! You did it, together!
As parents, you play an important role
in helping your kids reach their goals.
In a recent survey, Utah kids reported
that parents beat peer pressure. It's
true. Kids are more likely to make
choices that lead to success and
happiness when their parents continue
to stay actively involved in their lives.

So remember, to help your kids have
healthy brains and bright futures:

- Spend time with your kids.
- Set clear "no underage drinking" rules.
- Use the 5 Ws.

CIRCLE THE CORRECT ANSWER:

9. According to a Utah survey, what
do kids report as the number one
influence in their lives?

- | | |
|-----------------|------------|
| A) Friends | C) Parents |
| B) Social Media | D) YouTube |

21+



ANSWERS:

1. 15 minutes
2. 97%
3. Age of 9
4. 15 minutes
5. 15 minutes
6. What will you be doing?
7. Age of 25
8. Parents
9. Parents