

APRIL IS ALCOHOL AWARENESS MONTH

**So how can parents help prevent underage drinking and drug use?
Here are some tips...**

TALK

Start talking with your child about the risks of underage drinking and drug use during their elementary and middle school years. Keep talking about risks and consequences through their teen years.

WHY?

Youth are 50% less likely to use drugs and alcohol when their parents talk to them regularly about the risks.

MONITOR AND SECURE

Limit access to any alcohol, marijuana or prescriptions in your home by keeping track of it and storing it securely where teens cannot get it.

WHY?

Teens who believe alcohol is easy to get are 3 times as likely to drink. (2013 MIYHS)

NETWORK WITH OTHER PARENTS

Get to know your teen's friends and their parents. Call other parents if you have questions about a party they are hosting – ask whether it will be supervised and confirm alcohol will not be present.

WHY?

Teens are twice as likely to drink if they believe that adults in their community think underage drinking is okay. (2013 MIYHS)

WAIT UP

Be up and ready to greet your teen and talk about their night after they have been out – even if it means setting an alarm.

WHY?

Teens are nearly 5 times as likely to drink if they don't think they will be caught by their parents. (2013 MIYHS)

LEARN MORE: www.healthylincolncounty.org

