

General Guidelines for Parents

Remember: ALCOHOL is a drug. In fact, the most abused drug in America. Five times more teenagers die from alcohol-related causes than from all illegal drugs combined.

BINGE DRINKING is especially dangerous to teenagers. Alcohol poisoning can be **fatal**. If your teenager is intoxicated, don't let him/her "sleep it off." Brain damage and even death can be the result. Seek medical attention immediately!

- Refuse to supply alcohol to persons under 21 years old.
- If hosting a teen party in your home, be visible and continually supervise the party. (See additional party tips included in this packet.)
- Talk to your children about alcohol and drugs. Make your expectations clear, and provide consequences when they break the rules.
- Be sure to secure supplies of alcohol and any prescription drugs in your home at all times.
- Make sure that alcohol is not brought into your home or onto your property by your teen's friends.
- Talk to other parents about not providing alcohol at other events your child will be attending.
- Create alcohol-free opportunities and activities in your home so teens will feel welcome.
- Plan for quality time with your teen to keep lines of communication open.
- Have your teen check in at regular times when away from home. Plan a "safe" code word or phrase that your teen can use to let you know that s/he is in trouble and needs to be picked up.
- Set a good example.