

8 Prevention Tips for Parents/Guardians

Parents are the #1 influence on their children's decisions to use alcohol & other drugs.

1 Talk to Your Child Early & Often

The sooner and more frequently you talk to your child about alcohol & other drugs, the greater chance you have of influencing their decisions.

2 Set Clear Expectations & Consequences

Research shows that youth who believe their parents strongly disapprove of them using drugs & alcohol are less likely to use them. Don't forget to reward good decisions too.

3 Be a Positive Role Model

Do not normalize or glamorize alcohol or drug use. Do not allow underage drinking in your home. Research shows that parental provision of alcohol is linked to increased adolescent alcohol use and binge drinking.

4 Monitor Your Alcohol & Other Drugs

This may include locking up any alcohol, prescriptions, tobacco products, and marijuana in your home.

5 Get to Know your Child's Friends & their Parents

Share with them your rules about not allowing alcohol and other drugs.

6 Be Involved in your Child's Life & Help them Find Ways to Have Fun Without Alcohol.

Plan activities as a family. Encourage your child to get involved in after-school activities, clubs, volunteering, or sports. Something as simple as family dinners can be a huge factor in preventing alcohol & drug use.

7 Offer your Child a Safe Ride Home if they Call

Be sure your child knows that they can contact you, regardless of the situation they find themselves in.

8 Take the Parent Pledge

Become part of a large community of parents who want a safe, alcohol-free environment for their children. Take the pledge at www.rethinkthedrinks.com/pledge

Quick Tips for Talking to Your Kids

Choose the right time to talk: Daily activities, like dinner time or driving in the car, are perfect opportunities to talk.

Know the Facts: Be a source of credible information and advice for your kids.

Talk with your child in advance about situations that may arise around alcohol:

Discuss ways to avoid uncomfortable situations & peer pressure.

Listen, avoid criticism, & encourage an open dialogue: Kids are more likely to listen when they feel heard & know you are on their side.

For more information, visit www.rethinkthedrinks.com