



How can parents help prevent underage drinking?

- Talk about alcohol use early and often.
- Set clear no-use limits regarding alcohol use by your child.
- Follow through with consequences.
- Keep the lines of communication open and be a good listener. Some youth may be tempted to use alcohol to cope with stress or problems in their lives. Stay aware of what's happening in your child's life.
- Monitor any alcohol you may have in your home, lock liquor cabinets and be alert to signs your alcohol is being consumed by your child and his or her friends. Youth report that when they first start drinking, they generally get alcohol from home.
- Monitor your child. Know where and with whom he or she is. Be awake when your child comes home or ask him or her to awake you upon arriving home. Be alert for signs of drinking.
- Establish clear guidelines for your child about holding and attending parties. Insist on adult supervision. Discuss how to handle a situation in which alcohol is available at a party. Role play with your child possible responses or actions he or she may take.
- Don't leave teenage children unattended for a week or weekend.
- Model responsible choices.

