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Do More ▶ 5 Tips to Prevent Underage Drinking

Start Here> Then Try> Do More

TIP 1 Limit Access	TIP 2 Network	TIP 3 Reinforce & Enforce	TIP 4 Check In Often	TIP 5 Be Up & Be Ready
<p>GOOD</p> <p>If you have alcohol in your home, keep track of it – know what and how much you have, and keep it where it is not accessible to teens.</p>	<p>GOOD</p> <p>Get to know your teen’s friends.</p>	<p>GOOD</p> <p>Reinforce the rules and consequences of underage drinking before your teen goes out.</p>	<p>GOOD</p> <p>Before your teen goes to a party or out with friends, ask if adults will be present and if alcohol will be present.</p>	<p>GOOD</p> <p>Wait up, or set the alarm for curfew time – talk with your teen about their night.</p>
<p>BETTER</p> <p><i>Start with above and then...</i> Thank store clerks when you see them card someone who is buying alcohol.</p>	<p>BETTER</p> <p><i>Start with above and then...</i> Get to know the parents of your teen’s friends. Know their rules so you don’t have to just accept the argument “everybody else is allowed to...”</p>	<p>BETTER</p> <p><i>Start with above and then...</i> Frequently explain the reasons behind the rules so your teen understands the rules are a protective measure, not just a restriction on their freedom.</p>	<p>BETTER</p> <p><i>Start with above and then...</i> Ask your teen to call you from the party or gathering; if you have caller ID, you can ask them to use a landline, not a cell phone so that you can tell where they actually are when they call.</p>	<p>BETTER</p> <p><i>Start with above and then...</i> When your teen arrives home, look for signs of use. Teens who believe their parents will catch them are less likely to drink.</p>
<p>BEST</p> <p><i>Start with above and then...</i> Alert the police if you have information about where/how teens are getting alcohol in your community.</p>	<p>BEST</p> <p><i>Start with above and then...</i> Let the parents of your teen’s friends know your rules, and where you stand on underage alcohol use – no furnishing, ever.</p>	<p>BEST</p> <p><i>Start with above and then...</i> Enforce your rules consistently. Don’t look the other way if your teen violates the rules – they need to know that you are serious about the rules and that you will hold them accountable for violating them.</p>	<p>BEST</p> <p><i>Start with above and then...</i> Trust but verify – check in with other parents about your teen’s activities or drop by once in a while where your teen tells you they will be.</p>	<p>BEST</p> <p><i>Start with above and then...</i> Be prepared in advance for what you would do the FIRST time you discover that your teen has been drinking. Think ahead of time about how you want to react, who you would talk to, how you would enforce the consequences.</p>

School Checklist for Parents

When it comes to underage drinking, all Maine kids are at risk. As a parent you can work with your local school system to help prevent underage drinking. Working together parents, teachers, administrators and coaches can be powerful influencers of teen behavior. This checklist can help as you talk with your school:

- Underage drinking is considered an important issue at my teen's school.
- I know the school policies about underage drinking.
- My teen's school will enforce the consequences of breaking those rules.
- My teen's school will help/intervene if there is reason to believe a teen is drinking.
- My teen's school requires parents to be kept informed of school policies regarding underage drinking.
- I will actively support school policies on underage drinking and the enforcement of them.

If you would like to encourage your school to do more to prevent underage drinking, here are some suggestions:

- Encourage your school to add information or a speaker on underage drinking to existing parent meetings – such as Open House, Athletic Kick-Off Meetings, Parent Nights, and more.
- Ask your school principal to include the Five Tips in a newsletter or mailing to parents.
- Encourage your school principal to write a letter to all parents about the school's policy on underage drinking and include information from www.MaineParents.net.
- Support your school system when they enforce alcohol policies.
- If you hear information from your teens about potential issues in school, share those issues with school authorities.

Community Checklist for Parents

All Maine kids are at risk for underage drinking. As a parent, there are things you can do in your community to help prevent underage drinking. This checklist can help you get started.

- When I see a clerk or waiter checking an ID, I thank them for their effort.
- My local stores and restaurants keep displays of alcohol and alcohol ads above eye-level of younger children.
- I've asked my local stores and restaurants to refrain from using alcohol ads and displays that appeal especially to youth.
- I support local law enforcement when they prosecute adults who furnish alcohol to underage youth.
- If I know where underage drinking is occurring or how teens are accessing alcohol I will inform local law enforcement.
- I support policies and laws that keep alcohol away from underage users.
- I write letters to the editor in support of local prevention efforts.
- I encourage other parents and community members to join me in these actions to prevent underage drinking.

(Over)