

# What Parents Can Do

All Maine teens are at risk for underage drinking. Our job as parents is to make limits clear and monitor where they go, what they do, how they act and more. This kind of monitoring is not a violation of trust — rather it is a regular and expected part of parenting throughout the pre-teen and teen years.

Many Maine parents say they would do more to keep their teens from underage drinking if only they knew what to do. Other parents felt that they had already done all that they could, and were surprised to learn that they could do more.

These five tips are the first steps you can take to keep your teen safe & help prevent them from underage drinking.



[www.MaineParents.net](http://www.MaineParents.net)



41 Anthony Avenue  
11 State House Station  
Augusta, ME 04333-0011  
1-800-499-0027  
[www.MaineParents.net](http://www.MaineParents.net)

\*Source: 2013 Maine Integrated Youth Health Survey  
of Maine youth in grades 9-12.

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## Your Teen & Alcohol

# 5 Ways to Reduce Risk



find out  
more  
**DO MORE**

# 5 Tips for Monitoring Your Teen

## to Help Prevent Underage Drinking

### TIP 1

**Limit Access:** 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. Alert police if you have information about where/how teens are getting alcohol in your community.

### TIP 2

**Network:** Get to know the parents of your teen's friends. Let the parents of your teen's friends know your rules, and where you stand on underage alcohol use. Make sure the parents of your teen's friends know they can call you if they have concerns about your teen, and offer to return the favor.

### TIP 4

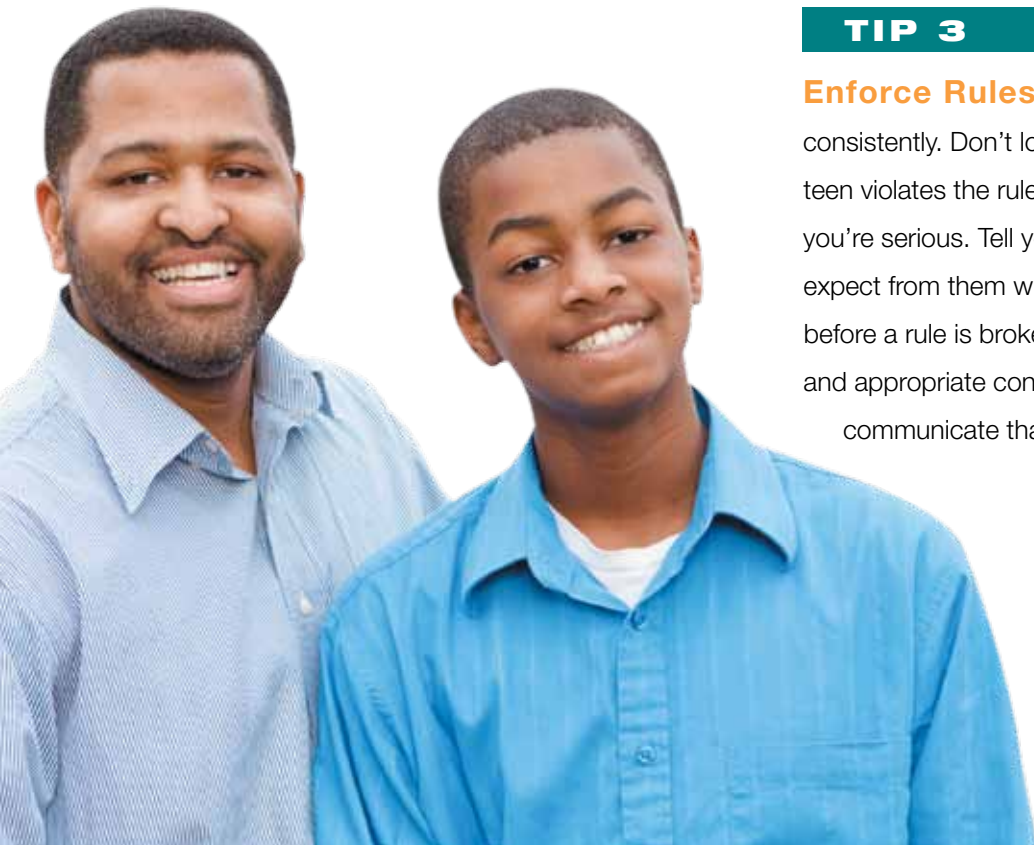
**Check In Often:** Be sure your teen knows how to reach you before they leave the house. Ask if adults will be present and if anyone will have alcohol. Ask them the address and phone number of the home they will be visiting and check in with other parents. Drop in where they say they are visiting once in a while.

### TIP 3

**Enforce Rules:** Enforce your rules consistently. Don't look the other way if your teen violates the rules. They need to know you're serious. Tell your teen what behavior you expect from them while they are out. Decide, before a rule is broken, what would be a fair and appropriate consequence; then be sure to communicate that with your teen.

### TIP 5

**Be Up & Be Ready:** Wait up, or set the alarm for curfew time. When they arrive home, look for signs of use. Talk with your teen about their night. Prepare in advance for what you would do and say the FIRST time you discover that your teen has been drinking.



**Maine teens who don't think they'll get caught by their parents are five times as likely to use alcohol.\***