

# What **You** Can Do

There are simple things you can do to reduce risk.

**Limit access to alcohol:** If you have alcohol in your home keep track of it.

**Network:** Get to know your teen's friends, and their parents.

**Reinforce and enforce:** The rules and consequences of underage drinking should be talked about, and enforced consistently.

**Check in often:** Before your teen goes out, ask about adult supervision and if alcohol will be present.

**Wait up:** Either wait up or set an alarm so you can talk with your teen when they come home.

find out  
more  
**DO MORE**

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



Paul R. LePage, Governor

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## Your Teen & Alcohol

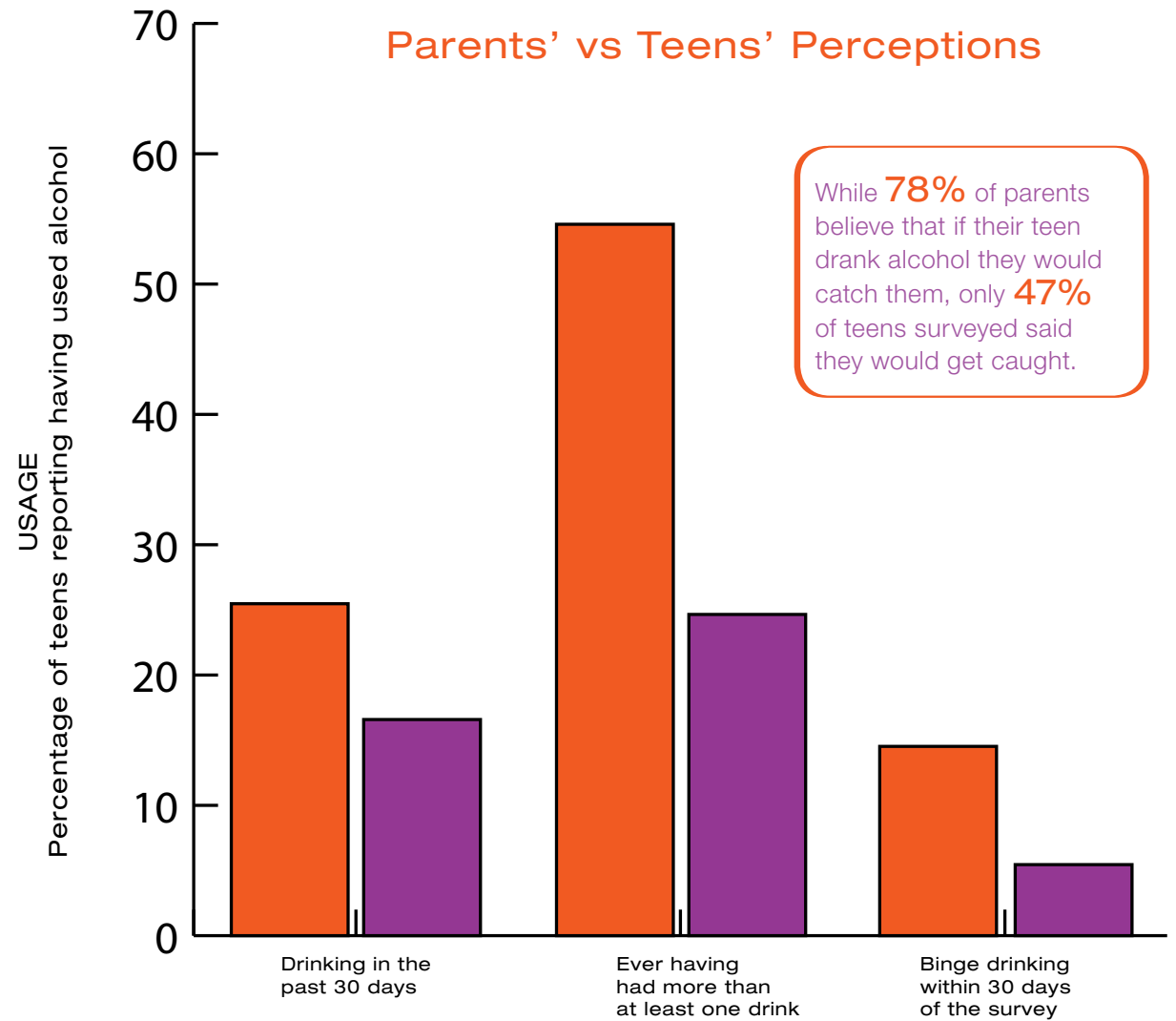
# Maine Data on Teenage Drinking



do you  
**REALLY  
KNOW?**

# What you should know about teen alcohol use in our state

All Maine teens are at risk for alcohol use. And many teens don't believe their parents will find out if they drink. Maine teens who **don't think they'll be caught** by their parents are **5 times\*** as likely to use alcohol as those who think they will get caught.



|                  |     |     |     |
|------------------|-----|-----|-----|
| Teens reported   | 26% | 54% | 15% |
| Parents believed | 17% | 26% | 5%  |

Parent Data Source: 2013 Parent Survey Report (parents of Maine youth in gr: 9-12) [www.maineparents.net/Media/data\\_survey.htm](http://www.maineparents.net/Media/data_survey.htm)

Teen Data Source: 2013 Maine Integrated Youth Health Survey (Maine youth gr: 9-12) [www.maineparents.net/Media/data\\_survey.htm](http://www.maineparents.net/Media/data_survey.htm)

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