

# 5 ways to Reduce Your Teen's Risk:

## **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.

## **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.

## **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.

## **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 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.

For more tips visit

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

