

# 10

# TIPS FOR PARENTS

TO PREVENT UNDERAGE DRINKING



**KNOW**

**1**

## **Know the facts**

Prom and graduation season is upon us! In 2017, the months of May-August were the most dangerous months for teens as such period contains the highest number of U.S. teen traffic crashes. (National Highway Traffic Safety Administration)



**TALK**

**2**

## **Talk with your teens**

Have open, thoughtful and on-going conversations with your teen about alcohol. Create clear family rules about alcohol use.



**CONFIDENCE**

**3**

## **Instill self-confidence**

Talk to your teen about peer pressure. Assure them that they don't need alcohol to have fun. Give them tips on how to navigate situations where alcohol is present.



**CIVIL LIABILITY**

**4**

## **Criminal charges for parents**

In most cases, it is unlawful for parents to allow their children's friends to consume alcohol in their home. Parents or adults could face criminal charges later on if these "friends" are involved in a crash.



**STRUCTURE**

**5**

## **Be present**

Be present in your teen's life. Share responsibilities and tasks with your teen. Give your child the opportunity to share their day's experience.



**HOST**

**6**

## **Be a good host**

Host an after-prom party or graduation party at your house with clear guidelines of no alcohol and drugs. Make your presence known at the party.



**DANGERS**

**7**

## **Consequences of drinking underage**

Drinking underage not only increases the chances of dependency later on in life, but also leads to short and long-term consequences as well as leading to other risky behavior.



**ROLE MODEL**

**8**

## **Be a role model to your child**

Parents should be role models to their teens and make sure their own behavior is appropriate. Use alcohol moderately, serve as a responsible host and never drink and drive.



**SAFETY**

**9**

## **Safety first!**

Ensure your teens can talk to you if they make a mistake. Have a plan in place if your child *does* make the mistake of drinking alcohol. Make sure they know to call 911 in the case of an emergency.



**LAW**

**10**

## **Obey the law**

The District of Columbia, Maryland and Virginia all have zero tolerance laws, making it illegal to consume, possess or purchase alcohol under the age of 21.