

# 10 Tips for Parents

TO PREVENT UNDERAGE DRINKING



## Facts

October is the fourth deadliest month of the year when it comes to teen driving. (National Highway Traffic Safety Administration, 2015-2020)



## Dangers

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



## Talk

Have open, thoughtful and ongoing conversations with your teen about alcohol. Create clear family rules about alcohol use and driving or getting into a car when the driver has been drinking.



## Confidence

Instill self-confidence in your teen by talking to them about peer pressure. Assure them that they don't need alcohol to have fun.



## Liability

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



## Structure

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



## Host

Host a teen party with clear guidelines of no alcohol or drugs. Make your presence known at the party.



## Model

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

Ensure your teens can talk to you if they make a mistake. Have a plan in place if your child *does* decide to drink alcohol and make sure they know to call a parent to pick them up or call 911 in the case of an emergency.



## 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.

