



by MADD. HIGH SCHOOL PARENTS:



Steps To Take At Home

Help your son or daughter steer clear of the dangers of underage drinking with these five steps:

Step 1: Think of yourself as a coach

Your role in preventing underage drinking is similar to coaching. You can help your teen by

- Sharing information
- Discussing choices and monitoring behavior
- Helping your teen anticipate and handle challenging situations
- Cheering your teen on to make smart, safe choices

Step 2: Get busy communicating

Begin a series of conversations with your son or daughter—proactively, before he or she gets caught drinking—about how:

- Alcohol is a drug with serious sedative effects
- Drinking has health dangers and other risks for young people
- It is illegal to drink before the age of 21
- You want your teen to be safe and respect the law
- Your teen can plan ways to resist peer pressure to drink

Step 3: Keep track of your teen

You need to know what your teen does after school, at night, and on weekends—and with whom.

- Agree on rules, limits, and consequences
- Monitor all in-person and online activities
- Know your teen's schedule
- Make sure he or she has your permission for activities
- Talk to parents of kids with whom your teen spends time
- Enforce consequences consistently



Step 4: Show respect and caring

Your teen will respond better when you

- Listen respectfully to his or her ideas and concerns
- Explain that rules, limits, and consequences are meant to protect them
- Help your teen think logically and make smart choices
- Remind your teen how much you love and care about them

Step 5: Be a positive role model

Your teen will be most receptive to your guidance if you lead by example and act responsibly.

- Drive carefully and abide by the rules of the road

**For teens, alcohol is an illegal and dangerous drug.
That's why parents need to enforce zero tolerance.**