



Parents and Prevention

Effective prevention of underage drinking starts at home. Parents have many opportunities to communicate constructive messages about alcohol use to teens and to help them come to grips with the facts about drinking — during the holidays and throughout the year.

Here are some tips to make sure your children celebrate safely:

- **Talk to your child about your expectations.** The message: Have a great time but no drinking. Talk to other parents so you're all sending the same message.
- **Know who is driving when your child goes out.** If you're uncomfortable with the driver or the situation, arrange for other transportation options.
- **Make sure your child knows to call you** – no questions asked – if he or she needs a ride home.
- **Check the company's policy on allowing alcohol in the vehicle** if your child and his/her friends are using a limo service.
- **Make sure your child has a plan for the evening** – and make sure you know it. If there is a party at someone's house or in the community, make sure it is alcohol – free.
- **Volunteer to help as a chaperone** at events.

Information courtesy of the National Association of Broadcasters.

Links: There are many parent guides and resources to help you.

"Parents Who Host Lose the Most"
<http://www.drugfreeactionalliance.org/pwh.php>

MADD-For Parents
<http://www.madd.org/underage-drinking/>

Stop Underage Drinking
<http://www.stopalcoholabuse.gov>

National Youth Resource Center
<http://www.ncjrs.gov/html/ojdp/compendium/2001/natres.html>