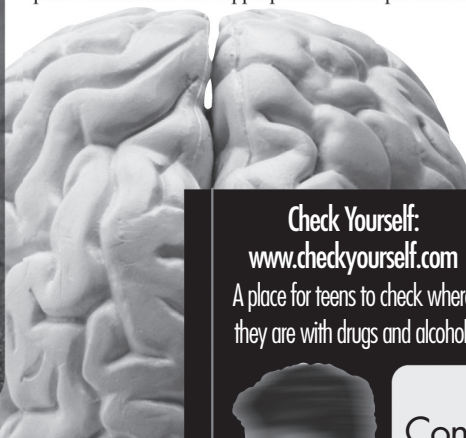


Help your child to choose friends wisely

Get to know your child's friends and their parents. Discuss your no-alcohol rule with the parents and enlist their support. Ensure that teens and their friends have planned activities with appropriate adult supervision.



Check Yourself:

www.checkyourself.com

A place for teens to check where they are with drugs and alcohol.

Confidential,
24 hour
211

Friends and peers

The single most predictive risk for underage drinking is if your child's peers drink. Encourage your kids to choose friends who support your family values and no-alcohol rules.

Students with high-refusal-assertiveness skills are less likely to drink underage. Find good ways to say "no" and practice them often in role-play situations. Some ideas are:

- "No thanks. Drinking is not my thing."
- "No thanks. I need all the brain cells I've got."
- "No thanks. I've only got one brain. Why would I want to trash it?"
- "No thanks. Drinking before your brain is developed can dumb yourself down."

If there is alcohol at a party, LEAVE.

Keep your social environment alcohol-free.



The Law

Furnishing or supplying alcohol to a minor is a criminal offense-punishable by a \$2,000 fine and 12 months in jail.

Buying or supplying tobacco to anyone under 18 is also a punishable offense

Peers

Children often think that other people their age are drinking and smoking regularly, but most are not.

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