

rules are necessary

Setting specific rules about alcohol is a necessary step in preventing underage use. **Establish rules early on** and make sure that you review and amend as your child grows up. **Sit down with your child** and communicate the consequences if he/she were to break one of your house rules. **Make sure all consequences are realistic** when set so enforcement is easy.

Consider including some of these sample “house rules:”

- No drinking alcohol before age 21
- Stay clear of ALL drug use, including prescription medicines that aren't your own
- No socializing in places where teens are drinking or using drugs
- No riding in a car with an underage driver who has had any amount of alcohol or drug use
- Be home by curfew

Involvement in the daily life of your children will help ensure that they make healthy decisions.

Explain to your children that you love them and you are concerned about their safety.

Get to know the people they are with and establish relationships with their friends.

Useful Strategies:

Implementing these strategies will complement your house rules:

- Help your kids find ways to have fun without alcohol.
- Do not give alcohol to your teens. Tell them that any alcohol in your home is off limits to them and to their friends.
- Don't let your teens attend parties where alcohol is served. Make sure alcohol isn't available at teen parties in your own home.
- Set clear rules about not drinking and enforce them consistently.
- Help your teens avoid dangerous situations such as riding in a car driven by someone who has been drinking.
- Help your teens get professional help if you're worried about their involvement.

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