

5 Tips for Parents

To help prevent underage drinking



LIMIT ACCESS

If you have alcohol in your home, secure it and keep track of it.

NETWORK

Get to know your teen's friends and their parents. Share information with other parents and ask about their rules around alcohol.

SET RULES

Discuss expectations and enforce rules.

CHECK IN OFTEN

Know where your teen will be and ask him/her to check in during the night, especially if plans change.

BE UP & READY

Be awake when your teen comes home and talk about the night.



WESTBROOK PARTNERS FOR PREVENTION
Supporting a safe and healthy future for Westbrook youth

FOR MORE INFO

Email: partnersforprevention@westbrookschoools.org

www.westbrookpartnersforprevention.org | [Facebook.com/WestbrookPFP](https://www.facebook.com/WestbrookPFP)

Supported by the Westbrook School Department and the Drug-Free Communities Support Program

