

## UNDERAGE DRINKING PREVENTION NATIONAL MEDIA CAMPAIGN

### WHAT YOU CAN DO TO PREVENT YOUR CHILD FROM DRINKING ALCOHOL<sup>1</sup>

#### **Be Aware of Factors That May Increase the Risk of a Child's Alcohol Use, Including:**

- » Significant social transitions such as graduating to middle or high school or getting a driver's license;
- » A history of social and emotional problems;
- » Depression and other serious emotional problems;
- » A family history of alcoholism; and
- » Contact with peers involved in troubling activities.

#### **Be a Positive Adult Role Model.**

- » Stay away from alcohol in high-risk situations. For example, do not operate a vehicle after drinking alcohol.
- » Get help if you think you have an alcohol-related problem.
- » Do not give alcohol to your children. Tell them that any alcohol in your home is off limits to them and to their friends.

#### **Work With Schools, Communities, and the Government to Protect Children From Underage Alcohol Use by Ensuring That:**

- » Schools and the community support and reward young people's decisions not to drink;
- » Schools and the community identify and intervene with children engaged in underage drinking early;
- » Rules about underage drinking are in place at home, at school, and in your community;

- » Agreements of acceptable behavior are established, well-known, and applied consistently; and
- » Parties and social events at home and elsewhere do not permit underage drinking.

### **Support Your Children and Give Them Space to Grow.**

- » Be involved in your children's lives.
- » Encourage your children's growing independence, but set appropriate limits.
- » Make it easy for your children to share information about their lives.
- » Know where your children are, what they are doing, whom they are with, and whom they are friends with.
- » Make an effort to get to know the parents of your children's friends. Share your rules about not allowing alcohol use.
- » Find ways for your children to be involved in family life such as doing chores or caring for a younger sibling.
- » Set clear rules, including rules about alcohol use. Enforce the rules you set.
- » Help your children find ways to have fun without alcohol.
- » Do not let your children attend parties at which alcohol is served. Do not allow alcohol at parties in your own home.
- » Help your children avoid dangerous situations such as riding in a car driven by someone who has been drinking.
- » Help your children get professional help if you are worried about their involvement with alcohol.
- » Create a pledge between yourself and your children that promises they will not drink alcohol.

### **References**

<sup>1</sup> U.S. Department of Health and Human Services. *The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking: A Guide to Action for Educators*. U.S. Department of Health and Human Services, Office of the Surgeon General, 2007.