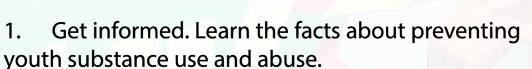
## 10 EASY TIPS FOR KEEPING KIDS ALCOHOL- AND OTHER DRUG-FREE



- 2. Communicate your rules. Make it known that you won't tolerate underage drinking.
- 3. Talk about it. Discuss the risks of underage drinking.
- 4. Set an example. If you choose to drink, model responsibility.
- 5. Follow the law! Don't provide alcohol to anyone underage.
- 6. Monitor. If you have alcohol in your house, keep track of the supply.
- 7. Secure. If you are able, lock up any alcohol in your house.
- 8. Mind your medications. If you've got prescriptions with potential for abuse, keep them locked and secure.
- 9. Dispose of extra meds. Take unused pills to a drop box near you or call your local health department about deactivation bags.
- 10. Learn about Narcan. You can take a training online at getnaloxonenow.org.

(adapted from The Partnership for Drug-Free Kids. Learn more at drugfree.org.)