

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

1. Get informed. Learn the facts about preventing youth substance use and abuse.
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.)