

MAY 2010

EDITION #2

NEWS YOU CAN USE

PARENTS NEED SUPPORT IN FIGHTING UNDERAGE DRINKING



Whether your child is 7 or 17, they still need a parent who is not afraid to look out for their best interests. Parents are used to looking out for an “accident waiting to happen” when children are young, and once students enter middle or high school, parents need to remain vigilant in protecting their kids. They still need you to show them the way.

- Read up on proven effective parenting strategies. Many resources are available online and at your child’s school.
- Don’t be afraid to call ahead to the home where your child will be spending time. Even if that first call is awkward, calling another parent takes only a few minutes and can make all the difference.

- Help your child learn and practice ways to say “no.” Students with strong refusal skills are less likely to drink underage.
- Meet your child’s friends and learn a little about the family. Do the parents support your decision to not serve alcohol to minors? Will they be home when your child is over? You will never know unless you ask.
- Make your feelings known to your child. Youth perception of parental disapproval is a great deterrent to underage drinking. Many parents don’t realize they are the number one influence in the lives of their children.
- Students with strong refusal and assertion skills are less likely to drink underage. Network with other parents to find out their strategy to handle a tough situation. Find out how other parents convey to their kids that underage drinking is not acceptable.

PARENT RESOURCES: SUPPORT YOUR FELLOW PARENTS

Calling all parents! There are ways within your community to make a difference in the lives of your children and set an example.

- Be a role model for other parents. Even though we are all grown-up doesn’t mean that we can’t learn from each other and set a good example for others to look up to.
- Get in touch with your child’s school. Getting involved in small ways can make you feel more

connected to other parents in your community. Parents benefit from finding ways to network and gain support among their peers, too!

- Call the police when you suspect an underage drinking party is occurring. Taking this important step can curb underage drinking. You may just save a life.



Sources: Utah’s *Deseret News* Newspapers in Education; American Medical Association Fact Sheet, 2003.



Join the **Barrington Area Drug Prevention Coalition** and the **H.E.R.E. in Barrington** coalition in strengthening the health and wellness of our community, family and our self. For more information on specific steps to take or how to get involved, visit www.badpc.org or www.hereinbarrington.org.