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NEWS YOU CAN USE

TAKING STEPS TO PREVENT UNDERAGE DRINKING WORKS

When your child was small you took steps to safeguard them from hazardous chemicals and medicines in your home—so why wouldn't you take steps now to protect your children and teens against other harmful items?

- Lock up your liquor. Really. Install small locks on cabinets and units used to store alcohol, such as an extra refrigerator.
- Teens in the Barrington area report that they get alcohol from social sources. Students get alcohol from their friends, parties, and by simply taking it from home.
- Garage-hopping is not the newest dance craze. It is actually a serious situation where a refrigerator in an open garage gets emptied of its commonly alcoholic contents



by an underage person. Garage-hopping happens in many communities and *has* happened in the Barrington area. Please close your garage and take steps to secure any alcohol you may have in an extra refrigerator.

- Monitoring your child is the best way to keep them from using alcohol or any other drug. It is not easy, but always worth it.
- The more kids know that their parents strongly disapprove of using drugs and alcohol, the lower the incidence rate among teens. It's not just about parents disapproving of this risky teen behavior; it requires communication so teens know this is how their parents feel.
- Check your alcohol stock. Know how much should be in each bottle and check once in awhile to make sure no alcohol has been replaced with water or anything else.

PARENT RESOURCES: THINK GLOBALLY, ACT LOCALLY



There are organizations in the Barrington area that work to prevent drug and alcohol use and look out for the mental health of our young people.

- Join the Barrington Area Drug Prevention Coalition! Check out www.badpc.org and attend a meeting to find out more about

what is being accomplished by this group in your area. Members can join at any time!

- H.E.R.E. in Barrington is a group that is working on the mental health of our young people. Check out www.hereinbarrington.org.
- Become educated about local issues with these websites that include many resources and facts.