

5 Monitoring Tips to Prevent Underage Drinking

Adapted for Spanish translation

Tip 1 Limit Access	Tip 2 Network	Tip 3 Reinforce & Enforce	Tip 4 Check In Often	Tip 5 Be Prepared
<p>If you have alcohol in your home, keep track of it. Know what you have, and how much! Store alcohol in a safe place.</p> <p>Why? Many teens who drink get alcohol at home.</p>	<p>Get to know your teen's friends, and their parents. Talk with other parents about your rules for underage drinking.</p> <p>Why? Parents can work together to prevent underage drinking. Share information about your teens' activities.</p>	<p>Before your teen goes out, remind him/her of your rules about underage drinking. Always enforce your rules.</p> <p>Why? When parents believe underage drinking is wrong, kids are less likely to drink.</p>	<p>Before your teen goes to a party, ask him/her if adults will be present, and if there will be alcohol. Confirm with other parents.</p> <p>Why? Engaging with your teen shows that you care about them, and that you care about their behavior.</p>	<p>Be awake at curfew time, and talk with your teen about his/her night. If you can't stay awake, set an alarm.</p> <p>Why? Teens who believe their parents will catch them are less likely to drink.</p>

What are Maine's alcohol laws?*

*Underage drinking can cause **serious legal consequences for teens:***

- **Illegal Purchase or Possession:** It is always illegal for a minor to purchase alcohol, even at the request of their parent. Additionally, it is a civil violation for any person under the age of 21 to possess liquor or imitation liquor, unless it is for their job or in a home, in the presence of their parent. For youth under 17, it is a juvenile crime. Fine: \$200-\$600.
- **Illegal Transportation:** No person under the age of 21 may transport alcohol in a car, unless it is for their job or at the request of their parent. Punishment: suspended license, fine up to \$500.
- **Teen OUI Law:** It is illegal for persons under the age of 21 to drive with any alcohol in their blood. Punishment: License revoked for up to 18 months.

***Parents** who facilitate underage drinking can also face punishment:*

- **Furnishing Liquor or Imitation Liquor to a Minor:** It is a crime to give alcohol to a minor, or to allow a minor (other than your own child) to drink in your home. Punishment: \$500 to \$2,000 fine and/or a jail sentence of 6-12 months. If an injury or death occurs, the person responsible for furnishing the alcohol may be charged with a felony.
- **Maine Liquor Liability Act:** Anyone who serves alcohol to a minor can be sued for negligent or reckless conduct and forced to pay for damages related to the minor's intoxication.
- **Financial Consequences:** If consumption of alcohol results in property damage, injury, or death, the person who served it may be required to pay for that damage, up to \$350,000 and unlimited medical expenses.

*Source: www.maineparents.net/maine_laws.html

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Parents can do a lot to create a safe environment for teens. Use [these 5 Tips](#) at home, and work with schools, businesses and law enforcement to prevent underage drinking.

At school...	In the community...
<p><i>When it comes to underage drinking, all Maine kids are at risk. Parents, teachers, administrators and coaches, all working together, can influence teen behavior. You can work with your local school system to help prevent underage drinking. Here are some questions you can ask when you talk with your teen's school:</i></p> <ul style="list-style-type: none"> • Is underage drinking an important issue at this school? • What are the school policies about underage drinking? • How does the school tell parents about underage drinking rules? • How does the school enforce rules for underage drinking? What is the punishment for breaking these rules? • Will the school help or intervene if there is reason to believe a teen is drinking? How? • How can parents help support and enforce school policies on underage drinking? 	<p><i>There are also things you can do in your community to help prevent underage drinking.</i></p> <ul style="list-style-type: none"> • Thank cashiers and waiters when you see them check an ID. • Ask local stores and restaurants to keep alcohol and advertisements for alcohol above kids' eye-level. • Ask local stores and restaurants not to advertise alcohol in ways that appeal to kids. • Support the police when they prosecute adults who give alcohol to kids or allow underage drinking in their homes. • Call the police if you know where teens are drinking, or if you know where teens are getting alcohol. • Support policies and laws which prevent teens from getting alcohol. • Write to local newspapers about the importance of preventing teen drinking. • Encourage other parents and community members to help you prevent underage drinking.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner



Adapted from Maine Office of Substance Abuse's 5 Parental Monitoring Tips, in collaboration with Minority Health Program of the City of Portland Public Health and Human Services.