

ALL teens are at risk
for underage drinking

What You Can Do

There are some simple things you can do to prevent your teen from using alcohol:

Parent Tip – Limit Access

Knowing where your alcohol is and how much you have can help limit your teen's access to alcohol.

Parent Tip – Be Up & Be Ready

Wait up or set an alarm for curfew time so you can talk with your teen. If they know you're going to be up they'll be less likely to use.

Teens are always at risk, and they expect you to help keep them from drinking. It's okay to monitor them. For helpful information and more tips, go to www.MaineParents.net or call 1-800-499-0027

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www.MaineParents.net

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Talk To Other Parents

One of the ways that you can prevent underage drinking is by checking in regularly with the parents of your teen's friends. Here are some simple ways to do that:

Parent Tip - Network

Introduce yourself to other parents at sporting events or school functions.

Parent Tip - Enforce & Reinforce

Talking with other parents about their rules will help you to enforce your rules.

Most parents want to talk to other parents, remembering this may make it easier for you to pick up the phone. Tips on connecting with parents and an easy-to-use form to record and keep contact information is available at www.MaineParents.net or call 1-800-499-0027

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Your Teen's Brain

One newly emerging risk is what alcohol can do to a developing brain.

Did you know?

Did you know children and adolescents who drink even occasionally often perform worse in school and on important aptitude exams? Alcohol use affects memory, verbal skills and vocabulary.

Did you know?

Did you know that even minor alcohol use decreases verbal ability in teens by as much as 10%?

New research about the effect of alcohol on a developing teen's brain is just one more reason to do all you can to prevent underage drinking. Get tips and more information at www.MaineParents.net or call 1-800-499-0027

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Get the Facts

Many parents in Maine don't believe that it could be their teen drinking. But Maine teens tell a different story.

- 57.9% of Maine 8th grade through 12th grade students report having tried alcohol.
- 23% of Maine parents report that their child has tried alcohol.
- 18.9% of Maine 8th through 12th grade students report binge drinking (5 or more drinks in one sitting).
- 0.6% of Maine parents report that their child has engaged in binge drinking.

Understanding that all Maine teens are at risk is the first step. Get tips and information about what you can do to prevent underage drinking at www.MaineParents.net or call 1-800-499-0027

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