

# All Maine Teens are at Risk

All Maine teens are at risk for alcohol use. Checking in is an important way to reduce your teen's risk.

We know that teens who understand the effects of alcohol are less likely to drink. We also know that teens who believe their parents are paying attention are less likely to use alcohol. In fact, Maine teens who don't believe they'll get caught by their parents are five times as likely to use alcohol.

3 times  
as likely  
to use  
alcohol\*

Find out *More*

*Do More*

[www.MaineParents.net](http://www.MaineParents.net)



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\*Source: 2009 Maine Integrated Youth Health Survey  
of Maine youth in grades 9-12.

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Your Teen & Alcohol

# Parents' Checklist



Find out *More* *Do More*

# Checking In to Reduce Risk

## Keeping Your Teen In Check

**When your teen goes out, do you:**

**Ask:**

- Where are you going?
- What will you be doing?
- Who will you be with?
- Will alcohol be present?
- Will there be adult supervision?

**And:**

- Remind them of their curfew and consequences of breaking curfew?

**When your teen returns, talk with them about their night — just knowing you will greet them when they get home prevents alcohol use.**

**Check:**

- Are they coherent and able to talk with you?
- Can you smell alcohol on their breath or clothing?

**Ongoing:**

- Know your teens' friends, especially their four best friends and their parents.
- Know the places your teen hangs out.
- Sometimes show up early or unannounced to a gathering or event.
- Talk with the parents of your teens' friends regularly by email and phone.
- Talk with your teen about alcohol.
- Follow through on consequences when rules are broken.
- Encourage your teen and their friends to have fun without drinking, through other activities.
- Never furnish alcohol to minors.
- Do not allow teens to consume alcohol in your home.



## Checking On the Messages You Send

**Your kids learn from you. Are you aware of the messages you may be sending?**

**Do you:**

Make lighthearted or joking comments, or tell funny stories about other people's heavy drinking?

Ask your child to get you an alcoholic drink from the fridge?

Wear t-shirts, baseball caps, etc. that advertise or promote drinking and/or specific brands of alcohol?

Host adult social gatherings at your home where alcoholic beverages are the only drinks served and/or where drinking is the central focus of the gathering?

Assume that alcohol is a necessary part of any celebration or social gathering?

Model using alcohol as a stress reduction tool? (i.e. comments like "I've had a long day, I need a drink!")

Let your child observe you drinking to excess?

**Remaining clear and consistent, and avoiding messages that glorify or promote alcohol use, is a good way to be a positive role model.**