

How to Monitor

BEFORE your teenager leaves home, make sure that curfews and rules are understood. Then ask:

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

DURING

- Have your teenager check in while they're gone

AFTER

When your teenager returns:

- Check for coherence when kids return from social activities (Some parents like to check unobtrusively for alcohol on their breath)
- Talk about what happened while they were away
- Ask if alcohol was present
- Ask if any problems or peer pressure were encountered
- Ask how they handled problems or peer pressure

ONGOING

Talk frequently with your kids about alcohol. Consistency matters:

- Know who your kids' friends are
- Know the places they hang out
- Show up early to observe your teen's behavior
- Work with other parents—get lists of e-mails and phone numbers
- Occasionally check to see that your kids are where they say they are
- Teach your kids how to refuse alcohol without embarrassment
- Be a good role model for your teens. What you say—and do—matters (see the enclosed Self-Assessment page)
- Praise and reward good behavior

Nine More Stay Healthy Monitoring Tips for Parents

GET INVOLVED

1. Teach kids how to have fun without drinking – through sports, family activities, hobbies, clubs, etc.
2. Regularly help with homework
3. Encourage your teen to seek your help on important decisions
4. Eat dinners frequently as a family

ESTABLISH—AND ENFORCE—RULES AT HOME

5. Set and enforce limits and boundaries
6. Praise and discipline your teen when merited

FOLLOW THROUGH—BE CONSISTENT

7. Do not furnish alcohol to teenagers
8. Do not allow teenagers to consume alcohol in your home
9. Support the legal drinking age of 21

Teach your kids to have fun **WITHOUT** drinking.

