

## Teens More Mobile as Weather Improves

Parents want to keep their teens safe when it comes to alcohol and other drugs. April is Alcohol Awareness Month. Here are some tips for helping your teen stay safe at gatherings in your home or the homes of friends:

- Establish that alcohol and other drugs are not allowed.
- Set a start and end time to the gathering.
- Let the teens who leave the gathering know they are unable to return.
- If a teen arrives at your home in possession of alcohol or other drugs, contact their parents or call law enforcement if necessary. You may be civilly liable if you know a person has been drinking and you let them leave.
- Secure all forms of alcohol, prescription medications and firearms in your home.
- Create a written agreement for your teen to sign pledging to be alcohol and drug free as well as a plan for the possibility of alcohol unexpectedly becoming available at the gathering.
- Know the location of the gathering your child will be attending and contact the parent to verify that they will be present and that the gathering will be alcohol free.
- Know how your teen is getting to and from the gathering. Stress that riding in a vehicle with someone who has been drinking or using other drugs is not an option. Let your teen know they can call or text home for a ride at anytime.
- Text or call your teen throughout the night to show them that you care about their safety.

Text examples:

- Thinking of you. Luv Mom/Dad
- Stay safe. Luv you!
- Call or text if you need me. Love you
- Finally, be a role model for your teen. Teens pay attention to their parents, watching not only how you use alcohol, but also how it affects your behavior.

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*Presented by the Drug Free Communities, FHS Student Assistance Program and the CSI Project.* With the support of Fond du Lac and North Fond du Lac School Districts and community partners, CSI is families, schools, and community working together to support children as they grow. Meeting their physical, social, and emotional needs now will result in healthy adults and a safe community for everyone. For more information or to get involved in the CSI project, please visit [www.csifdl.org](http://www.csifdl.org). The CSI Project is funded by the US Departments of Education (OSDFS), Health & Human Services (SAMHSA), and Justice (OJJDP).