



# Are your kids drinking alcohol at summer parties? *Are you sure?*

## Ask Tough Questions & Set Rules

 Monitor your kids by asking **who, what, when** and **where**?

 Stay connected by communicating with the parent or chaperone at any gathering your kids might attend without you.

 Set a “no alcohol” before age 21 rule in your household and be sure to ask teen party hosts to enforce that rule.



## Set Boundaries



**1. Let your teens know that drinking alcohol before age 21 can lead to serious health and safety consequences.**

**2. Help your teens practice different ways to say “no” to alcohol and other drugs with their peers.**

**3. Design an “escape plan” with your teens so that they can leave a party if they feel unsafe.**

**4. Host an alcohol and drug free party for your teens and their friends. Be sure to provide: parent supervision, fun food, music, and include activities they enjoy like dancing or water balloon games!**



/TeenHealthConnection



Comprehensive Adolescent Medical and Mental Healthcare



The Smart Summer Program was created by the Kalamazoo County Substance Abuse Task Force.



Summer **ALERT**

Over 80% of parents **strongly** support 21 as the legal drinking age