



Parents play a major role in their children's choices about alcohol, tobacco and other drugs. Adolescents drink less and have fewer alcohol-related problems when their parents set clear expectations. One-third of teen partygoers have been to parties where teens were drinking alcohol, smoking marijuana, or using other drugs while a parent was present (National Center on Addiction and Substance Abuse at Columbia University).

Friday Night Live has developed the **COMMITTED Campaign** to encourage parents, neighbors, local stores and other community members to join together and **COMMIT** to reducing underage drinking and access to alcohol in San Luis Obispo County.

Some parents think...

"Drinking alcohol is a rite of passage, and kids are going to drink anyway; it's safer to let them drink at my house." **BUT, 58% of San Luis Obispo County 11th graders DON'T drink.**

"I will be responsible and take away the keys if youth are drinking at my house." **BUT, at least 6 youth under 21 die every day in the US from non-driving alcohol related causes.**

If your teen is giving a party...

- Set rules about no drugs or alcohol ahead of time
- Set a start & end time to the party
- Plan some activities such as music, games, etc.
- Let your neighbors know there will be a party, and you will be there
- Call the parents of any teen who arrives under the influence. Call the police if necessary – you can be civilly liable if you know they've been drinking and you let them leave.
- Make regular and unobtrusive visits to the party area

If your teen is going to a party...

- Know where they're going & how they're getting there
- Set a curfew & have your teen check in with you when they get home
- Let your teen know your expectations about him/her not using alcohol or other drugs

General Guidelines...

- Get to know your child's friends and their parents
- Talk with other parents about not providing alcohol at youth events
- Report underage drinking