



Your kids are home. You're not. Where's the alcohol?

Keep your kids safe.

**Lock up your liquor. Keep
track of your wine and beer.**

With teens spending more time at home, the temptation to have a few sips of liquor or sneak a beer is ever present.

The best way to stop youth alcohol abuse, drunk driving and other risky behavior is prevention.

**Secure your alcohol in a locked cabinet,
keep track of what's in your fridge and
talk to your kids about the consequences.**



Learn more tips on how to
keep your family safe at:

[Vibesolano.com/alcohol](https://vibesolano.com/alcohol)



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UNDERAGE DRINKING IS DANGEROUS

Youth alcohol abuse can lead to a host of major, and often permanent, consequences:

- School problems, such as more absences, lower grades and limited participation in extracurricular activities
- Legal problems, such as arrest for driving or injuring someone while drunk
- Physical problems, such as alcohol poisoning, hangovers and illness
- Unwanted, unplanned and/or unprotected sexual activity
- Disruption of normal growth and/or sexual development
- Increased risk of suicide, homicide and violence
- Alcohol-related motor vehicle crashes and other unintentional injuries, such as burns, falls or drowning
- Changes in brain development that may have lifelong effects, including memory problems and substance use disorders

PREVENTION IS KEY

The best way to prevent underage drinking is safe storage:

- Store bottles away in a lockable liquor cabinet, pantry or closet
- Put locks on secondary refrigerators or freezers
- Keep track of the number of wine and beer bottles in your home
- Mark liquor bottles with a permanent marker to monitor their contents
- Talk to your kids if things don't add up

TALK TO YOUR KIDS

What you say matters! Talk to your kids about the dangers of alcohol, your house rules and ways to stand up to social pressure:

- Set clear rules—including about alcohol use—and enforce the rules you set
- Do not offer alcohol to your children or their friends—tell them that any alcohol in your home is off limits to them anyone under 21
- Encourage your children's growing independence, but set appropriate limits, particularly around social sources of alcohol
- Be aware of, and prepared to support your kids during, significant social transitions and personal challenges