

# NEWS YOU CAN USE

## TAKING STEPS TO PREVENT UNDERAGE DRINKING WORKS

When your children were small, you took steps to safeguard them from hazardous chemicals and medicines in your home. Continue to take steps now to protect your children against harmful chemicals and drugs that can cause severe health and safety risks.

- Lock up your liquor. Really. Install small locks on cabinets and units used to store alcohol, such as an extra refrigerator.
- Teens in the Barrington area report they get alcohol from social sources. Students get alcohol from their friends, parties and by simply taking it from home.
- Garage-hopping is not the newest dance craze, but rather a serious situation where a refrigerator in an open garage gets emptied of its alcoholic contents. Keep your garage closed when

not in use and be cautious about who knows your entrance code.

- Monitoring your children is the best way to keep them from using alcohol or any other drug. It is not easy, but always worth it.
- The more kids know their parents strongly disapprove of using drugs and alcohol, the lower the incidence rate among teens. It's not just about parents disapproving of this risky teen behavior; it requires communication so teens know this is how their parents feel.
- Check your alcohol stock. Know how much should be in each bottle and check once in a while to make sure no alcohol has been replaced with water or anything else.



## PARENT RESOURCES: THINK GLOBALLY, ACT LOCALLY



Your talents and time are needed! The following community coalitions in the Barrington area need volunteers to help continue their great work.

Raise your awareness and involvement regarding local issues with these websites that include ways to get involved, resources and facts:

- The *Barrington Area Drug Prevention Coalition* is working to prevent drug and alcohol use! We have volunteer tasks that require two hours a year to two hours a week. Check out [www.badpc.org](http://www.badpc.org) for membership information and more.
- *H.E.R.E. in Barrington* is working to raise awareness of mental health issues, provide family and community education and connect those in need with local counseling services and resources. Check out [www.hereinbarrington.org](http://www.hereinbarrington.org) for more info.

Sources: Utah's *Deseret News* Newspapers in Education; American Medical Association Fact Sheet, 2003.