

# What **You** Can Do

There are simple things you can do to reduce risk.

## LIMIT ACCESS TO ALCOHOL:

If you have alcohol in your home keep track of it.

**NETWORK:** Get to know your teen's friends, and their parents.

## REINFORCE AND ENFORCE:

The rules and consequences of underage drinking should be talked about, and enforced consistently.

**CHECK IN OFTEN:** Before your teen goes out, ask about adult supervision and if alcohol will be present.

**WAIT UP:** Either wait up or set an alarm so you can talk with your teen when they come home.

Find out *More*

*Do More*

[www.MaineParents.net](http://www.MaineParents.net)



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## Your Teen & Alcohol

# Maine Data on Teenage Drinking



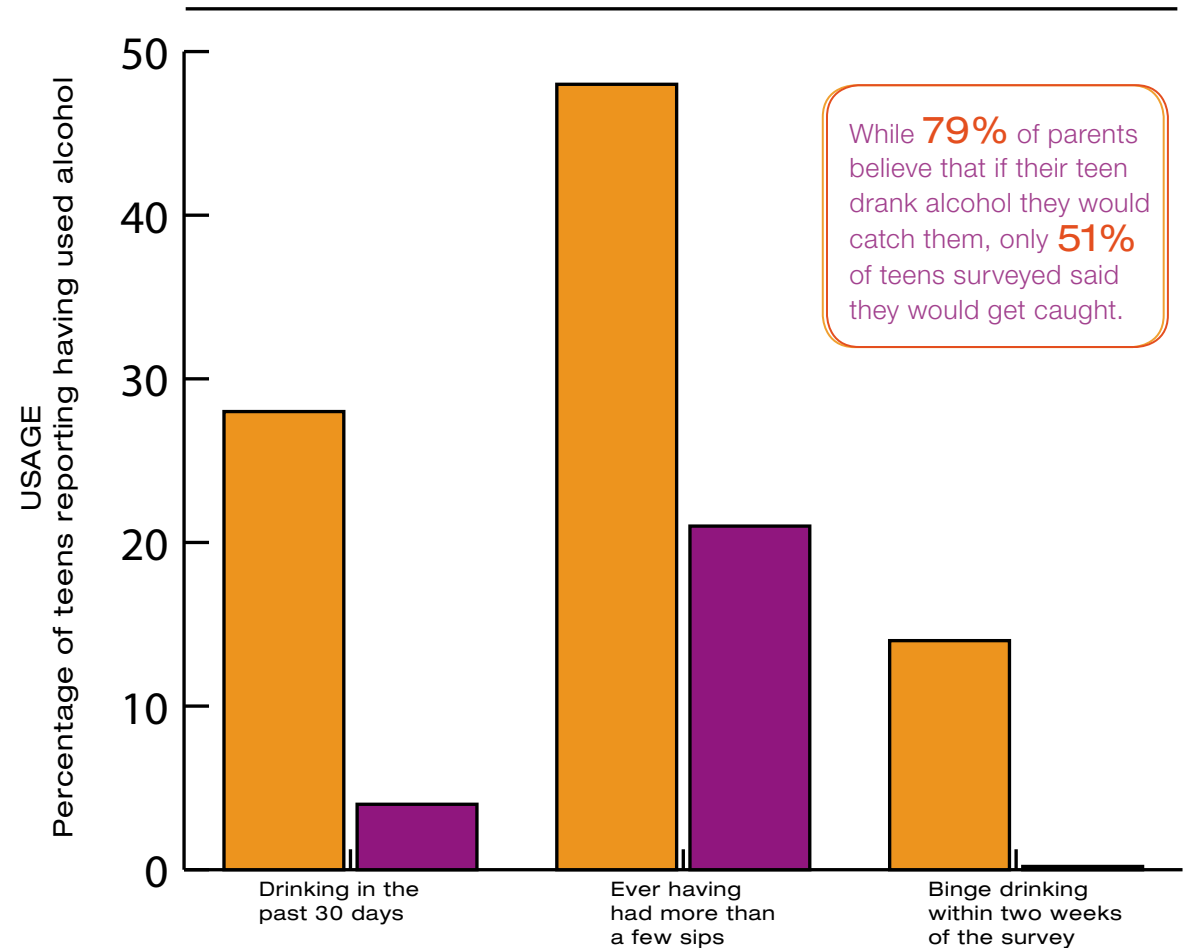
Find out *More* *Do More*

# What you should know about teen alcohol use in our state

All Maine teens are at risk for alcohol use. And many teens don't believe their parents will find out if they drink. **Maine teens who don't think they'll be caught by their parents are 5 times\* as likely to use alcohol as those who think they will get caught.**



### Parents' vs Teens' Perceptions



While **79%** of parents believe that if their teen drank alcohol they would catch them, only **51%** of teens surveyed said they would get caught.

Teens reported	28%	49%	14%
Parents believed	4%	21%	0%

Parent Data Source: 2008 Parent Marketing Survey of 1,200 parents of Maine youth in grades 7-12. [www.maineparents.net/Media/data\\_survey.htm](http://www.maineparents.net/Media/data_survey.htm)  
Teen Data Source: 2008 Maine Youth Drug and Alcohol Use Survey of Maine youth in grades 7-12. [www.maineparents.net/Media/data\\_survey.htm](http://www.maineparents.net/Media/data_survey.htm)  
\* 2008 Maine Youth Drug and Alcohol Use Survey of Maine youth in grades 6-12. [www.maineparents.net/Media/data\\_survey.htm](http://www.maineparents.net/Media/data_survey.htm)