

Sync with your teen and other parents to prevent teen drinking and drug use.



Talk with other parents.

If you hear about a party at your teen's friend's house, call their parents and ask if it will be supervised and whether alcohol will be present.



Be up and ready.

Wait up or set the alarm for curfew time. Talk with your teen about the night.



Share info with other parents.

Exchange contact info with other parents. Tell parents of your teen's friends that they can call you if they have concerns about your teen and offer to return the favor.



Monitor and Secure.

If you have alcohol in your home, keep track of it – know how much you have and keep it where teens cannot get it.

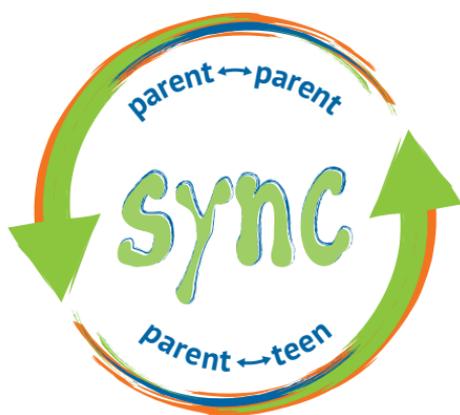


Check in often.

Ask your teen to call you at a set time when they go out so you can confirm where they are and how they are doing.

For more tips: [AccessHealthME.org/CASA](https://www.accesshealthme.org/CASA)

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How it helps.

Teens are
twice as likely to drink
if they don't believe their parents
think it's wrong.

Teens are nearly
5 times as likely to drink
if they don't think they
will be caught by their parents.

(Data: 2013 Maine Integrated Youth Health Survey, grades 9-12)



CASA is a community coalition that works on substance abuse and underage drinking prevention strategies supported by Access Health (a local Healthy Maine Partnership) and Mid Coast Hospital.