Most teens first try drugs and alcohol during summer.

Influence your kids, and their friends to make healthy choices this summer.

Preventing Drug and Alcohol Addiction Starts at Home

- Be a good role model.
- Be involved – ask who, what, where, when, and why.
- Spend time together as a family.
- Be consistent, firm, and loving – set boundaries for your teen and stick to them.
- Have honest conversations about the real effects of drug and alcohol use.

Find tips at: samhsa.gov/underage-drinking
Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

Promotes comprehensive community-wide prevention efforts.

Empowers youth & families to develop and lead healthy lifestyles.

Like us on Facebook:
Facebook.com/HavanaAreaPreventionTeam

**Summer Tips:**

1) Talk to your kids about alcohol. Let them know what you expect about their behavior. Studies show that parental disapproval is the number one reason teens say that they do not drink alcohol.

2) Listen to what your teens may tell you about their lives and plans, where they are going and what they are doing when they go out.

3) Monitor the alcohol in your home, and your child’s activities.

Parents you can guide your children in the best direction for a summer that is safe, memorable and fun.

**Resources**

For more information visit:

- [www.samhsa.gov/underage-drinking](http://www.samhsa.gov/underage-drinking)
- [https://www.kidsinthehouse.com/teenager/substance-abuse](https://www.kidsinthehouse.com/teenager/substance-abuse)
- [https://www.drugabuse.gov/parents-educators](https://www.drugabuse.gov/parents-educators)