



# A HEALTHY LYNNFIELD

## PREVENTION SERIES: SPRING 2019

### MORE INFORMATION

**Click the links below for more information on how to talk to your kids about substance use.**

[Prevention tips for Every Age](#)

[Underage Drinking: Myths vs Facts](#)

[Why to Have the Underage Alcohol Talk Early](#)

### CONTACT US

A HEALTHY LYNNFIELD

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### SAFE CELEBRATIONS

As a parent, the things you do and say have tremendous influence on the decisions your child makes. With upcoming prom, graduation, and end of school transitions when families celebrate positive milestones with their children, it is a good time to reflect on celebrating safely.

For young adults under the age of 21, celebrating safely means celebrating without use of alcohol, tobacco/e-cigarette products, marijuana, or other substances. The law is clear: for persons under the age of 21, recreational use or possession of alcohol and marijuana is NOT legal. For persons over 21 years of age, use or possession is legal. Tobacco retailers may not sell tobacco products to anyone under the age of 21.

Current laws are based on science that demonstrates teen brains are still developing until the age of 25. During this time, the brain is particularly sensitive to the effects of drinking and drugs. Impulse control and the ability to make rational and sensible decisions is not well-developed in teens. Alcohol or other drug use in adolescence can be a risky endeavor.

Families often allow teens in their homes for post-prom or post-graduation gatherings hoping to provide a safe environment. And it can be, with proper planning and monitoring. However, if alcohol is allowed, safety is automatically compromised and there may be legal consequences.



*A Healthy Lynnfield's mission is to empower residents to make positive choices every day. Together, we work to prevent substance misuse, to improve the quality of life for those impacted, and to support programs that help all young people thrive.*

Under the Social Host Liability Law, it is illegal to furnish (**knowingly provide or allow to possess**) alcohol on property you own or control. Anyone charged



with a violation of this law faces a fine of not more than \$2,000 or imprisonment for up to one year, or both. M.G.L. c.138, s.34

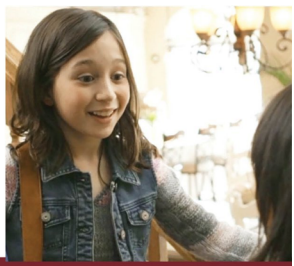
Research shows that the most effective way to keep youth safe is to engage in healthy conversations with them.

- ▶ Tell your child you love them and their safety is your primary concern. You want them to have fun, but you also want them to be safe.
- ▶ Ask if they have any worries about prom night or graduation season. Encourage them to talk and listen without judgement.
- ▶ Ask if there are any prom/post-party celebrations planned. Call or meet the host parents in advance of the party to ensure that they will be

home, that they will be actively monitoring their guests, and that alcohol and other drugs will not be allowed.

- ▶ Have an exit plan. Let your child know that if they are uncomfortable in any situation, they can text or call you, no questions asked, for a ride home.

Be the parents that help keep kids safe. Teaming up as a community makes it easier for everyone. Kids have bright futures. Let's work together to ensure each and every one has the opportunity to enjoy their time in Lynnfield and beyond.



**Research shows that parents are the #1 reason young people decide not to drink.**



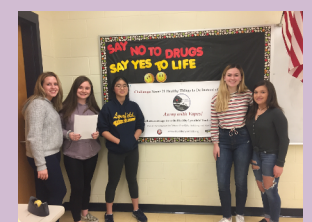
## AHL YOUTH ACTIVITIES



TOBACCO FREE GENERATION PLEDGE



LHS YOUTH MARCH TO THE STATE HOUSE FOR KICK BUTTS DAY



LHS YOUTH TEACH VAPING PREVENTION AT LMS

Talking to your child about the risks of substance use begins early. You are a trusted source. It is better to provide accurate information than to let your child learn from friends or social media.