

Make the pledge!



No alcohol for teens at your house.



No One's House
is a safe place for teen drinking.



Make sure teens can not access your alcohol

Lock up alcohol rather than leave it in cabinet or somewhere teens can see/reach.



Monitor the alcohol you have in your house

Know what and how much alcohol you have in your home, so you can easily tell if some has been taken or replaced.



**MONROE COUNTY
COALITION ★ COM**
SAFE AND DRUG FREE
PARTNERSHIPS OF MONROE

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OUR VISION:

To provide a culturally competent, behavioral health and wellness approach to substance abuse prevention in Monroe County.

OUR MISSION:

To foster community changes to reduce substance abuse and the consequences of substance abuse through community collaborative efforts. Support and advocate for a Safe and Drug-Free Community.

Hey, Parent.

My teen isn't allowed to drink alcohol.

Not even at your house.



Keep Alcohol out of the hands of Teens

Take the pledge at:

nooneshouse.com

Sponsored by Monroe County Coalition, Inc., Thriving Mind South Florida, and the State of Florida, Department of Children and Families

Underage Drinking Is Dangerous

Underage drinking poses a range of risks and negative consequences. It is dangerous because it:

Increases the risk of alcohol problems later in life

Research shows that people who start drinking before the age of 15 are at a higher risk of developing alcohol use disorder later in life. For example, adults ages 26 and older who began drinking before age 15 are 5.6 times more likely to report having alcohol use disorder in the past year than those who waited until age 21 or later to begin drinking.

Interferes with brain development

Research shows that young people's brains keep developing well into their 20s. Alcohol can alter this development, potentially affecting both brain structure and function. This may cause cognitive or learning problems and/or increase vulnerability for alcohol use disorder, especially when people start drinking at a young age and drink heavily.

Causes many deaths.

Alcohol is a significant factor in the deaths of people younger than age 21 in the United States each year. This includes deaths from motor vehicle crashes, homicides, alcohol overdoses, falls, burns, drowning, and suicides.

Impairs judgment.

Drinking can lead to poor decisions about taking risks, including unsafe sexual behavior, drinking and driving, and aggressive or violent behavior.

Increases the risk of physical and sexual assault

Underage binge drinking is associated with an increased likelihood of being the victim or perpetrator of interpersonal violence.

Can lead to other problems

Drinking may cause youth to have trouble in school or with the law. Drinking alcohol also is associated with the use of other substances.



Talk to your teens!

- **Use your influence.** Data shows that teens continue to care what their parents think, even while they are in high school and college.
- **Let your teen know** that you don't want them to drink and that most teens in fact don't drink.

In addition to talking to your teen:

- **Support your teen.** Having a trusting relationship can help prevent your teen from experimenting with alcohol. Spend time together and make it easy for your teen to talk to you.
- **Know your teen's activities.** Pay attention to your teen's plans and whereabouts. Encourage participation in supervised after-school and weekend activities.
- **Establish rules and consequences.** Rules might include leaving parties where alcohol is served and not riding in a car with a driver who's been drinking. Agree on the consequences of breaking the rules ahead of time — and enforce them.