

A word to the wise about drinking and driving

We all know that drinking and driving is dangerous and can have devastating consequences. Most parents and adults agree that they would NEVER want their young person to ride in a car with a person that was drinking. Young people tend to have the idea that “It will never happen to me” and this makes it even more important to clearly define the rules, expectations and boundaries surrounding this issue. It is important that we role model this for our children by refusing to drive or ride along with a person that was drinking. Our kids are watching us so we need to play it safe by modeling responsible drinking and securing a designated driver before drinking.



Did you know?

Summer represents one of the most dangerous and deadliest times of the year on the Nation’s highways. One big reason is a significant jump in alcohol-related traffic crashes and fatalities.



Tips for Parents

- Set clear no underage drinking boundaries
- Talk to your kids about the dangers and consequences of drinking and driving and set clear expectations surrounding this issue
- Monitor your child’s activities by knowing who they are with, what they will be doing and where they will be
- Role model responsible behavior with your kids by refusing to drink and drive and always establishing a sober driver prior to drinking responsibly
- It is important for young people to practice their refusal skills. Practice role playing situations with your child to help them prepare for risky situations

HELPFUL WEBSITES FOR PARENTS

drugfree.org
parenting.org
abovetheinfluence.com
theantidrug.com
parentingisprevention.org
drugfreeamerica.org

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