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## **Public Service Announcement**

Graduation from high school is a time to celebrate! Whether these are small family affairs or large gatherings with numerous friends and extended family, parents and adults play a vital role in the prevention of underage drinking.

Below are a few tips to consider for hosting your own alcohol-free celebrations:

- Plan the party with your teen
- Don't assume your teen understands your expectations; explain them clearly and plainly, as well as the consequences for breaking the rules
- Create the guest list with your teen and know the guests your teen wants to invite
- Do not allow uninvited guests into the party
- Do not serve energy drinks; these are not merely beverages with extra caffeine, they are a dangerous stimulant
- Do not allow guests to bring in their own beverages
- Do not allow guests to leave the party and return; go with guests who need to get something from their car
- Decide on the location and boundaries of the party and limit guests to this area
- Keep the party area well-lit
- Be present and visible during all of the party; walk through frequently
- Have other parent s chaperone with you
- Do not allow adult guests or chaperones to consume alcohol
- If you keep alcohol in your home, put the alcohol away in a secure location where it is not visible and is not accessible to guests
- Make sure all over-the-counter and prescription medicines are secured and not accessible

Parents need to talk with their children about the harmful and dangerous consequences of drinking alcohol. And they should talk with other parents and adults to ensure that alcohol consumption by minors is not an option at other events and celebrations.



For additional tips on hosting alcohol-free parties, talking with your kids, and other information, contact GRADE A PLUS at 752-6027 or visit our website, [www.gradeaplus.com](http://www.gradeaplus.com).

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