

**HELPING YOUR TEEN TO BE ALCOHOL-FREE
TIPS FROM
SOLON COMMUNITY ACTION TEAM**

WHAT PARENTS SHOULD KNOW – According to Solon & Ohio laws:

1. No one under 21 may possess or consume alcohol.
2. No person shall have an open container of alcoholic beverage while in a motor vehicle.
3. No person shall consume alcohol while in a motor vehicle.
4. You cannot give alcohol to your children's friends under 21 of age under any circumstances, even in your own home, even with their parents' permission.
5. You cannot knowingly allow a person under age 21 to remain in your home or on your property while consuming or possessing alcoholic beverages.
6. No person shall engage or use accommodations at a hotel, inn, or restaurant when the person knows of, or has reason to know, that alcohol will be consumed by an underage person.
7. No person under 21 shall knowingly show or give false information concerning their name, age, or other identification for the purpose of obtaining beer or intoxicating liquor.
8. Anyone under age of 21 who has a concentration of .02 or above when given a breath or blood test (for alcohol) is considered under the influence.
9. Others can sue you if you give alcohol to anyone under 21 and they, in turn, hurt someone or damage property.
10. In Solon, anyone under age 18 may not purchase or POSSESS tobacco products.
11. In Solon, there is an 11 PM CURFEW Sunday-Thursdays and 12 Midnight CURFEW Friday & Saturday for anyone under 18.

(Sources: "The Facts of Underage Drinking" from Ohio Department of Public Safety, Solon Police Department).

PREVENTION IS THE KEY – DO:

1. Be a good role model -- drink responsibly and in moderation.
2. Be a positive, supportive, parent/caregiver.
3. Allow your child to grow up & have opportunities for decision-making appropriate to his/her level of maturity.
4. Set clear rules for your child regarding use of substances and other social behaviors. Teens look to their parents for guidance & limitsetting.
5. Talk with your child about alcohol and the law.
6. Talk with your child about the reasons kids use alcohol, tobacco, and illicit drugs & about healthy alternative behaviors.
7. Talk with your child about the consequences of substance use & other risky behaviors.
8. Be at home when your child has a party, and don't provide alcohol or allow drinking.
9. Call the local police if you know of underage persons purchasing or consuming alcohol.
10. Report anyone selling alcohol to persons under 21 by calling the Liquor Enforcement toll-free, anonymous, HOTLINE at 1-800-282-3477.
11. Discuss in advance ways your child can SAY NO! or remove themselves from uncomfortable social situations.
12. Always know where your child is, how they are getting to & from the location, and when they expect to arrive home.
13. Have the name, address, and phone of where your child will attend a party (see attached Party Check List). Call the host's parents to be sure they will be home, supervise the party, and prevent illegal use of alcohol and other substances.

14. Be prepared to “rescue” (transport) your child from an event.
15. Do not leave your child under 18 at home, unsupervised, for extended periods of time.
16. Secure alcohol, guns, and inhalants kept in your home.

(Sources: “What Parents Should Know”, Ohio Department of Public Safety, “Keeping Youth Drug-Free”, US DHHS).

HOW TO TELL IF YOUR CHILD MAY BE IN TROUBLE WITH ALCOHOL:

1. Smell of alcohol on breath, or sudden, frequent use of breath mints.
2. Abrupt changes in mood or attitude.
3. Sudden decline in attendance or performance at school.
4. Losing interest in school, sports or other activities that used to be important.
5. Sudden resistance to discipline at school.
6. Uncharacteristic withdrawal from family, friends, or interests.
7. Heightened secrecy about actions or possessions.
8. Associating with a new group of friends whom your child refuses to discuss.

(Source: National Council on Alcoholism and Drug Dependence, Inc.)

LOCAL RESOURCES – for Information or Assistance

1. Your school guidance counselor – see the phone book or Solon School District calendar.
2. Solon Community Action Team – call Debbie Lindell, President, 349-1275.
3. Solon Police
 - a. DARE – Ofc. Jeffery Pedicino – 349-6215
 - b. Juvenile Officer – Det. Allen Strnad – 248-2932, x378.
4. Reach Out! – David Riccardi, Director – 248-8822
5. Your health insurance – check for mental health benefits/providers.
6. HOPE LINE: 800-NCA-CALL (24 hour affiliate referral) (National Council on Alcoholism and Drug Dependence, Inc.)

OTHER RESOURCES – examples, there are many more.

1. Alcoholics Anonymous – www.alcoholics-anonymous.org
2. Partnership For A Drug-Free America – 212-922-1560 – www.drugfreeamerica.org
3. National Council on Alcoholism and Drug Dependence, Inc. – 212-206-6770-www.ncadd.org – HOPE LINE: 800-NCA-CALL (24 hour affiliate referral).
4. National Clearinghouse for Alcohol and Drug Information - 1-800-729-6686 – www.health.org.
5. Parents’ Resource Institute for Drug Education, Inc. (PRIDE) – 800-853-7867 – www.prideprc@mindspring.com.
6. “Just Say No” International – 800-258-2766.

1/2000 Solon Community Action Team

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