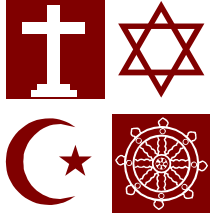


What Faith Communities Can Do

- Establish clear policies to address alcohol use at events such as designated areas for adults to use alcohol, carefully monitoring supply, and having trained servers
- Educate and support parents in their role to prevent underage drinking by providing helpful resources on; supervising youth gatherings, hosting alcohol free events, liability issues regarding social hosts and monitoring the family's alcohol supply
- Initiate and participate in community wide efforts to reduce youth access to alcohol through mobilizing your congregation to become actively involved, networking and collaborating with other organizations, and supporting and participating in compliance checks and community education



Additional Resources

The Anti-Drug: Information, resources and action tips for communities, faith communities, parents, providers, and teachers; in Cambodian, Chinese, English, Korean, Spanish, and Vietnamese <<http://www.theantidrug.com>>

Building Drug-Free Communities A Planning Guide from the Office of Juvenile Justice and Delinquency Prevention (OJJDP) and the Community Anti-Drug Coalitions of America (CADCA) <<http://ojjdp.ncjrs.org/dfcs/resources/drugfreecommunities.pdf>>

Creciendo Sin Drogas Guía de Prevención Para Padres: <http://www.drugfreeamerica.org/acrobat/Creciendo_Sin_Drogas.pdf>

Drug information from the National Institute of Drug Abuse (NIDA) for parents & teachers, researchers & health professionals, and students & young adults in English and Spanish <<http://www.nida.nih.gov/Infofax/lista-sp.html>>

Massachusetts Department of Public Health <<http://www.state.ma.us/dph>>

Central Massachusetts Center for Healthy Communities <<http://www.cmhc.org/index2.htm>>

Information Adapted From:

Building a Team Ministry: A congregational approach to substance abuse.

Communities Mobilizing for Change on Alcohol

Building Resilience – U. S. Department of Education, 1991.

Community Prevention Coalition <<http://www.cpcaction.org/>>

Leadership to Keep Children Alcohol Free <<http://www.alcoholfreechildren.org/en/audiences/youth.cfm>>



"What We Can Do"

Alcohol



Prevention

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What Parents Can Do

- Know what your children are doing
- Be involved in your kids' lives
- Praise and reward good behavior
- Be your kids' greatest fan
- Compliment them on their efforts, the strength of their character and their individuality
- Set limits with clear rules and consequences for breaking them
- Know your kids' friends
 - Invite them over for dinner
 - Ask them about their parents
 - Make a point to meet their parents
 - Work with other parents to get a list of everyone's addresses, e-mails and phone numbers so you can keep in touch with your child



- Show up a little early to pick up your child so you can observe his or her behavior
- Occasionally check to see if your kids are where they say they are going to be
- Try to be with your kids after school, from 3 to 6 p.m., when many kids get involved with alcohol and drugs
- If your kids need to be at home, make sure they are doing homework or chores and not hanging out with friends
- Remember in the end, it's not pestering, it's parenting!

What Schools Can Do

- Ensure that every student and parent/guardian receives alcohol health education
- Make alcohol prevention resources available to youth and families
- Create opportunities for integration of alcohol issues in educational programming
- Support students in identifying positive attributes in themselves and others



- Establish clear expectations and rules for classroom behavior, involve youth in the process
- Model and help all students develop or strengthen a sense of autonomy, purpose, inclusion, and personal responsibility
- Give students opportunities to have experiences that challenge their capabilities without overwhelming them
- Help students distinguish between what they can control (their own behavior) and what they can't control (other people)
- Give examples of successfully navigating trying circumstances from historical figures, your own life or the life of other adults
- Help students discover their support systems by asking them to list the people to whom they can turn for companionship, nurturing or help
- Entrust all students with tasks that are age appropriate and give them recognition in class



What Young People Can Do

- Know the facts about alcohol
- Change social norms around peer groups and at school
- Participate in healthy, creative activities that do not involve alcohol, tobacco, or other drugs (sports, leadership, volunteer, etc.)
- Become a leader in your community, your church, your school, and your neighborhood in formulating and enforcing a drug-free atmosphere
- Build social skills to enable the development of strong self-image that leads to positive life decisions
- Get others involved with advocacy/activism in taking positive, direct action against alcohol
- Don't leave it to experts, lawmakers and other decision-makers to diagnose a problem
- Get involved in deciding what laws and policies might work (e.g. to stop friends from drinking while underage)



- Work on programs that impact entire communities in an attempt to reach a broad audience
- Develop community-wide events, media events and/or projects

What Communities Can Do

- Restrict the commercial and social/public accessibility of alcohol for youth.
- Ensure compliance by retailers of existing laws on alcohol purchase and recognize establishments that are in full compliance
- Mandate responsible beverage service programs for all alcohol retailers.
- Increase the alcohol licensing fees to support regular compliance checks
- Prohibit alcohol from being served or brought in at events sponsored by public entities such as public schools, cities and counties



- Implement a Teen Party Ordinance that prohibits teen drinking parties at private residences and impose fines on violating home owners or renters

- Support state policy efforts that hold adults civilly liable for providing alcohol to underage youth when serious injury or death occurs
- Establish restricted drinking areas at special events where underage youth are not permitted to enter. Prohibit adults from leaving these areas with alcoholic beverages
- Launch media advocacy, raise support for law enforcement efforts
- Use alcohol taxes to fund a counter-advertising campaign preventing underage alcohol use and related problems.
- Provide supportive environments/communities that prevent underage alcohol use
- Make certain that alcohol is not the central theme or focus at community events
- Ban/refuse alcohol sponsorship or advertising at community events
- Support collaborative alcohol prevention efforts of community organizations or coalitions