

# A drink lasts a few minutes, your FUTURE lasts forever...

As prom season continues and graduation season approaches Mountain View Prevention Services is helping to raise awareness of the dangers of underage drinking and drug use through our Prevent Underage Drinking Campaign which focuses on the slogan:

**“A drink lasts a few minutes, your future lasts forever!”**

Prom and graduation season can be one of the most memorable occasions for parents and students, but in order to ensure that the festivities are not only memorable, but safe, here are some tips for parents to help ensure the safety of your child:

### ***Communicate with your teen***

Participate in your teen’s prom and graduation preparations. Know who they are going with, where they will be going, and what they will be doing at their destination. Discuss what limits and guidelines you want to set with your teen. Speak with your teen about how you expect them to behave around alcohol and drugs and communicate these expectations to other parents.

### ***Encourage your teen to consider their future***

Research indicates that the brain continues to develop into the mid-twenties. Alcohol use can have a detrimental effect on the developing brain. Whether your teen is headed to college or the work force, bad decisions at key moments like at prom or graduation can influence the future. Arrests or convictions can affect the college application process or a job interview.

### ***Be aware that alcohol is often easy to access***

Reports show that teens feel they can access alcohol more readily as they approach their senior year. Make sure you don’t become the point of access. Know how much alcohol you have in the house and where you keep it.

### ***Communicate with other parents about the weekend plans for your youth***

Never be ashamed to say ‘no’ as other parents most likely will want to say the same thing.

### ***Offer to host a post-prom or post-graduation alcohol-free gathering***

Hosting a party can be a good thing, but providing alcohol can cause problems for teens and liability for the parent host. Remember, “Parents Who Host Lose The Most.”

***Be sure your teenager has safe transportation for the entire evening***

Have a conversation with your teen about the physical effects of alcohol on driving ability with a focus on safety. Remind them of the zero tolerance law – which states that it is illegal for anyone under 21 to drive with any detectable alcohol in their bloodstream. Stress that under no circumstances should they get into a car with a driver who has been drinking or using drugs. Offer to be the designated chauffeur to the event that they are attending.

***Remind your teen to call home if there are any changes in plans***

Let your teen know that if they run into trouble, you will pick them up, regardless of the time.

***Stay awake until your teen returns home from the festivities***

This will allow you to ensure that your teen has returned home safely after the festivities.

The most important thing to remember is to communicate with your teen. Nearly 52% of New York State students in grades 7-12 reported their parents had never talked to them about the dangers of underage drinking and 49% of high school seniors in New York States have consumed alcohol in the past 30 days- that is more than 100,000 seniors. Don't let your teen become another statistic. Talk to your teen about the dangers of being involved alcohol and drugs.

In order to help provide a prevention and intervention safety net for young people during this season, Mountain View Prevention Services is partnering with the Lewis County Sheriff's Department in sponsoring a Tipline. This program was implemented in Lewis, Jefferson, and St. Lawrence Counties in March 2010.

The Tipline number, 1-800-851-1932 is free, confidential and anonymous. Concerned adults, teachers, students, and friends now have a place to call 24 hours a day to report underage drinking parties or other activities that are harmful to the health, safety and/or welfare of young people. By dialing the Tipline number, a call is received by a WNY dispatching center which in turn calls a local dispatching unit. "You know you care...make the call."

Working together as a community we can keep our young people safe and ready to meet their full potential. We want to remind teens that a drink lasts a few minutes, their future lasts forever! Please help us in our work to prevent underage drinking and other risky behaviors that commonly occur throughout the prom and graduation seasons. For more tips and statistics regarding underage drinking please visit [www.Talk2Prevent.com](http://www.Talk2Prevent.com). For more information or to obtain Prevent Underage Drinking campaign materials, please contact Mountain View Prevention Services at 315-376-2321.