



**PCCAN**

PHELPS COUNTY CHILD ADVOCACY NETWORK

Preventing Underage  
Drinking Takes a  
Lot of Tools!



**TOOL #3**

**MONITOR YOUR  
TEEN. KNOW THEIR  
FRIENDS AND  
THEIR FRIEND'S  
PARENTS**

**Work with other parents to monitor where kids are gathering and what they are doing. Being involved in the lives of adolescents is key to keeping them safe.**

- Make a plan about your teen responding to your calls and texts when they are away from home.
- Always know where your children are, what they are doing, who they are with, and with whom they are friends.
- Get to know the parents of your children's friends. Call them. Most will be happy to hear from you.
- Set clear rules about alcohol use and enforce the rules you set.
- Provide a safe, alcohol free place in your home for kids to gather.

**The Parent Toolbox Project is a cooperative effort between PCCAN and the St. James and Rolla School Districts.**

For additional information about how to talk to your child about underage drinking go to "Talk, They Hear You," at [samhsa.gov/underage-drinking](https://www.samhsa.gov/underage-drinking)

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