

Keeping Youth SAFE as best as you can  
Teen SAFETy Tips

**Tips:**

- Never leave your drink alone.
- Plan to have a code which means, “come get me”, no questions asked at that moment.
- Know what to do if you want to leave a party early. Plan with your parents.
- Be confident about your decision to refrain from drinking and taking other drugs, smoking or vaping; you are making a wise and safe choice that protects yourself and others.
- Participate in activities where there will be adult chaperones.
- Let your parents know where you are and who you are with throughout the evening. Take a charged cell phone with you.
- Never get into the car of anyone who has been drinking or has used drugs. Know who to call for a safe ride home.
- Stay away from parties where you know alcohol, other drugs, smoking or vaping will be occurring.
- Look out for each other. Do not leave someone passed out, unattended (under a bed, in a closet, behind the furnace) It is better to call 911.

[http://bha.dhmdh.maryland.gov/OVERDOSE\\_PREVENTION/Pages/Good-Samaritan-Law.aspx](http://bha.dhmdh.maryland.gov/OVERDOSE_PREVENTION/Pages/Good-Samaritan-Law.aspx)

**Practice with your parents and then with your friends:**

- What should I do if the party has alcohol, drugs, smoking or vaping?
- What should I do if I see my friend passed out?
- ALWAYS call 911 if there is an emergency, especially if someone has passed out.
- How can I contact you for help without my friends knowing what I am doing?
- Work on responses to tough questions like, “how about a drink?” or “everyone else is drinking, why won’t you?” Response examples: “No I’m good” or “Not in the mood”
- What are the consequences if I break family rules?

**Expectations from Mom and/or Dad**

- If I need to be picked up, you will be sober.
- You will pick me up no matter what!
- If you are impaired then you will send an Uber, Lyft, a sober driver. This shows me good judgement by not driving after you have been drinking.
- If I need help you will help me.
- Let me know that my friends are welcome in our home.

**Resources:**

**MADD POWERTALK 21**

- Power of Parents: [www.madd.org](http://www.madd.org)
- Power of Youth: [www.madd.org](http://www.madd.org)

**TALK THEY HEAR YOU:**

<http://www.samhsa.gov/underage-drinking>

**ALCOHOL POLICY INFORMATION SYSTEM:**  
[www.alcoholpolicy.niaaa.nih.gov](http://www.alcoholpolicy.niaaa.nih.gov)

Information about laws regarding underage drinking and the hosting of underage drinking in all 50 states

**THE COOL SPOT:** [www.thecoolspot.gov](http://www.thecoolspot.gov)  
FAQ from a teen perspective, how to handle peer pressure