

When they were little you covered outlets, locked cabinets,  
and taught them the importance of seatbelts.  
**They need that helping hand, now more than ever.**



# TEEN-PROOF YOUR HOME

## **Keep all Alcohol in a Locked Cabinet**

Inventory and monitor any alcohol beverages in refrigerator.

## **Lock and Monitor all Prescription and Over the Counter (OTC) Medications**

Only buy the drugs you need, monitor quantity used, and properly dispose unused portions. Urge your friends and other family relatives to inventory and secure their medications as well.

## **Do a the same inventory on common household cleaners and poisons**

Look at the contents of your kitchen cabinets, garage, office, or anywhere in the house where cleaners, solvents and aerosols are stored. Monitor access and quantities for potential inhalant abuse.

## **Secure all firearms**

Make sure all firearms are in locked safe and/or with trigger lock, separate from ammo.

## **Monitor internet use**

Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other "legal" substances. Check you teen's social networking pages to make sure that there is no identifying information that could endanger you teen.

## **Monitor Teen Parties**

Use limited guest list by invitation only, avoid "open party", don't use email to invite. Welcome calls from other parents, be sure to call parents if your teen is attending a party. Set clear rules ahead of time, such as no alcohol, tobacco or other drugs. Report violations to parents. Limit party access to easily monitored areas of the house, make regular unobtrusive checks.

## **REMEMBER!**

It is against state law to knowingly allow persons under the age of 21 to possess or intend to consume alcoholic beverages or use controlled drugs at a drug or underage alcohol house party.



[www.drugfreenh.org](http://www.drugfreenh.org)



[www.sorocknh.org](http://www.sorocknh.org)