

HELP YOUR KIDS MAKE HEALTHY DECISIONS.

PARENTING MATTERS!

Stay involved and
Help kids find positive
Things to do.

Studies show positive activities help kids stay away from risky behaviors.

But parents often ask: How can I stay involved in my teen's life?

Start a conversation, then listen!

1. Show genuine interest in their activities and concerns.
2. Listen with respect.
3. Ask about songs, music groups, fashion, TV shows or movies.
4. Ask your child to show you their favorite game or website.
5. Ask them to teach you something new.
6. Share *your* interests.

Look for fun and challenging activities for your child and participate when you can.

1. Spend some time together every day. Even 15 minutes of uninterrupted attention matters.
2. Eat meals together as often as possible.
3. Encourage participation in supervised activities-community service, sports, drama, music.



Talk it up! Lock it Up!
Keep your alcohol away from kids.
Everyone wins when kids don't drink.

For more information, please call the
Walpole Coalition for Alcohol
Awareness at 508-660-7321.

Walpole Coalition for Alcohol Awareness

There is an active coalition in town. We have a great purpose and lots of energetic people already on the committee, but we still need you!

Parents, Students, School Administration, Churches, Recreation, Police, Health and many others from our community have come together to tackle a huge problem-**underage drinking**. It is not just a Walpole problem, but the problem is very apparent in Walpole. The Walpole Coalition for Alcohol Awareness' mission is to strive to reduce substance abuse and delay the onset of alcohol consumption among Walpole youth.

So a bunch of people have been meeting, first to discuss the problem and second to find solutions to make our community healthier. In the past, we have brought in speakers for students and parents, and have worked on bringing activities to our youth in Walpole.

We now know that drinking alcohol affects an adolescent brain very differently than an adult brain. So the Walpole Coalition for Alcohol Awareness has some suggestions to help curb "underage drinking in Walpole."

- Refuse to purchase alcohol for persons under the age of 21.
- Refuse to provide alcohol or allow individuals under 21 to consume alcohol in your home or on your property.
- Parents can model responsible alcohol practices around your children.
- **Parents should start talking to their children about alcohol before they start drinking.**
- Walpole area retailers that sell alcohol must make sure they check ids.
- Our community should eliminate or limit alcohol sponsorship at family-oriented events.
- Our community needs to provide and support alcohol-free alternatives for our youth.
- Our community needs to provide education to families and our youth about the effects of underage drinking.

Social Host Laws

Don't give kids alcohol. One bad decision about alcohol can change a life or many lives, forever. It's not worth it! You can be held financially responsible if your child or guest injures or kills another person after you permit your child or guest to drink alcohol in your home or other property you control.



Parents and Walpole Community

You are invited to a
Walpole Coalition for Alcohol Awareness' Coffee
to discuss strategies to prevent Underage Drinking in Walpole

on Wednesday, April 14, 2010 at 10:00 A.M. lower Blackburn

Please join the Coalition with the Police, Health, Schools, and Recreation Department

Underage Drinking is not just an issue for teens and parents, but an issue for the entire community. Let's all work together! Please RSVP the Health Department at 508-660-7321.

Please join us as we create a new norm in Walpole. We plan on keeping residents in Walpole informed about our activities, how each of us can help and how we are making things better. For more information about this Coalition and how you can join, please call the Walpole Health Department at 508-660-7321.