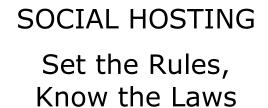


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A Library and Resource Center on Alcohol, Tobacco, Other Drugs, Mental Health and Wellness

Providing and allowing minors under 21 to drink in Connecticut is against the law.

- > Anyone under 21 is prohibited from possessing alcohol on public or private property unless accompanied by their own parent or guardian.
- > Minors may be fined for violating the law.
- > Individuals who knowingly permit minors to possess or consume alcohol may be fined, imprisoned, or both.
- > Anyone who owns or controls private property, including a dwelling unit, is prohibited from knowingly, recklessly, or with criminal negligence, permitting anyone under age 21 to illegally possess alcohol in the unit or on the property.

Six quick tips to help parents keep their children safe, healthy and alcohol-free:

- 1. Don't think "it's not MY child" because ever child is at risk.
- 2. Remember that YOU are the biggest influence in your child's life:

 The more you connect with your children the less likely they'll be to give in to peer pressure.
- 3. Don't be fooled that alcohol use is a right of passage: *It can damage an adolescent's developing brain.*
- 4. Establish specific rules and consequences: Tell your children they are not allowed to drink, that underage drinking will not be tolerated, and enforce it.
- 5. Be involved and monitor your child's activities: Don't allow youth drinking at home. Teens who are allowed to drink alcohol in their home consume twice as much alcohol as those with a no-tolerance policy.
- 6. Be a positive model:

 Drink responsibly and let your teen see you decline alcohol from time to time, as well.

YOU are the most influential person in vour child's life because:

- 65% of kids get their alcohol from family or friends.
- Kids who drink before age 15 are FOUR times more likely to have alcohol problems when they are adults.

Parents are the KEY to preventing underage drinking.

Office of Policy and Management, 2012