

Navigating Real-Life Situations

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- Some questions to consider...

- How many family functions/parties do you attend where alcohol is present?
- Do you/have you/do you know anyone who has ever returned home having had too much to drink to a baby sitter?
- How often do you speak to your children about the drinking of adults/caregivers in your home & what does that look like?
- Is there a clear understanding surrounding expectations regarding substance use in your home? If so, what are they?

- **Scenario 1:** It's Saturday night and your close friends (who are also your neighbors across the street) have gone out for the night and left their teenage daughter home. You happen to notice that multiple cars have begun to park at their home and then as the night progresses, the music is getting louder and more kids appear to be arriving. You look out and notice a young man vomiting on the front lawn. What do you?

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Be a role model...

- Teens watch their parents. Our example helps guide their choices.

Scenario 2: Family friends are hosting a Kentucky Derby party and you arrive with your two teenage sons (13 and 17). Your family friends also have teenagers and they are allowing them to drink. Your children in turn, then ask you if they can drink as well. What do you?

Be clear about your expectations...

- The most common reason young people give for not using alcohol and drugs is not wanting to harm their relationship with the adults in their lives.

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Scenario 3: Your 18 year old daughter has recently graduated and is going to one of her friend's graduation parties. The host has decided that underage kids, including your daughter can drink alcohol at this party. None of the underage kids whom are allowed to drink can be the drivers to go home and have to get a ride home from either a non-drinking friend or a caregiver. Please discuss this scenario and share your views on it.

Set Limits and Follow Through...

Teens whose parents set clear rules and follow through with consequences are less likely to use alcohol and other drugs.

– Family meeting

- **Scenario 4:** Your 8th grade son comes home and says that he was at a friend's house and 4 kids were vaping and drinking beers. Your son says he did not participate. You know the caregivers from your son growing up with and going to school with them, but you don't know that them that well. What do you do?

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- **Scenario 5:** You were a ‘partier’ in high school. You drank and smoked pot. You started drinking around age 13. Your 7th grade daughter (13) asks you “Mom/Dad, did you ever drink or smoke pot when you were my age?” What do you do?

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