

# What We Know About **Underage Drinking** In Oakland County

We're happy to report that 86% of Oakland County high school students choose to avoid drinking alcohol. Further, Oakland County has seen a decrease in youth alcohol use over the past 10 years.

Still, alcohol remains the most likely drug of choice among teens. Underage drinking can cause long-term health problems. It also puts youth at higher risk for poor school performance, automobile accidents and crime. It is vitally important for us to do what we can prevent its use.

Surveys of high school students and parents indicate that the most likely

place for youth to get and use alcohol is at home or a friend's home. The Alliance of Coalitions for Healthy Communities, in partnership with your local coalition, is providing tamper-resistant tape for alcohol containers to help secure the alcohol in your home. Let's work together to help young people avoid alcohol and make it clear - underage drinking is unacceptable.



Alliance of Coalitions for Healthy Communities  
5505 Corporate Drive, Suite 301 • Troy, MI 48098  
(248) 221-7101 • [www.achcmi.org](http://www.achcmi.org)

# Tamper-Resistant Tape For Alcohol Containers

By placing the tamper-resistant tape over a bottle top, parents will know if someone has opened it. Youth will also get the message that adults are watching.

## Free At-Home Alcohol Test Strips

Contact your local community coalition to obtain free at-home Alcohol Test Strips. These test strips serve as a deterrent in two ways. First of all, they let your kids know that you're serious about your no-drinking policy. Secondly, your children can tell friends you have test strips in your home when facing pressure to drink.



# What Else Can I Do To Prevent Underage Drinking?

- Secure and monitor alcohol in your home.
- Talk honestly with your kids. Let them know what your expectations are about drinking. Research tells us that youth want to know what you think and it affects their behavior - even if they roll their eyes.
- Have family gatherings that don't include alcohol so kids see it's not necessary for a good time.
- Give your kids a "come pick me up" code word or phrase to call or text if they find themselves in an uncomfortable situation.
- Be visible and available when your child host friends.

