

Parent & Adult COMMITTED

**NOTICE
CHOOSE
ACT**

TO STOPPING UNDERAGE DRINKING

CHOOSE MAKE THE BEST CHOICE FOR YOUR FAMILY

Do you feel a little overwhelmed by today's teen culture, including what's happening on the Web? Choose to be involved and aware of the information your child is navigating and experiencing.

Some of the hottest music teens listen to today is about drug use and other risky behaviors. Which songs/artists does your teen listen to? How often are they referring to drugs and alcohol? Check out the music lyrics that are streaming into teen's headphones by visiting this website: www.music.yahoo.com/lyrics

Learn more about what teen text messages really mean, as well as lots of other teen topics by going online to www.theantidrug.com. You'll find information on every aspect of today's teenagers. Ask your teen what they know about some of the most popular online searches.

Ask your teen to show you the photos he/she has taken with his/her cell phone or view the music and videos he/she has downloaded onto their iPod (or MP3). Go to the "25 Most Played" list. Is there anything you are surprised by and should talk about?

Visit social networking sites like MySpace.com and browse the profiles of teens who are your child's age to see what they say, what their interests are and what they are doing online.

CHOOSE TO EAT TOGETHER

- Parents who frequently eat with their children are much more involved in their kids' lives.
- Parents who frequently have family dinners are more likely to say they know the parents of their teen's closest friends, know the names of their teen's teachers, and believe they have a good relationship with their teen.
- The top three reasons given for not having more frequent dinners were that parents work late, are too busy, and that family members have conflicting schedules.

BOTTOM LINE: MAKE IT YOUR CHOICE

Do not let other parents choose for you or your child when your child will drink alcohol. If the parent community does not unite to eliminate underage drinking, the result may be that other parents will choose to buy or serve alcohol, or allow underage drinking in their homes.

For more information, please call (530) 546-1924 or visit www.ttfwdd.com

