

It's About Time



Raising Healthy Substance-Free Children

As a parent, grandparent or guardian, we are there at the important **TIMES** in our children's lives. We feed them their first solid foods, switch them to a new car seat, start them in preschool and take them to well visits. We teach them to drive, learn a new skill, talk to them about college, careers and becoming adults — **all at the right time!**

Another **TIME** that's equally important in guiding our children as they develop, is the **TIME** we take to talk to them about the dangers and health risks of alcohol and other substances.

Massachusetts Social Host Law

states there is NO TIME a parent or other adult should knowingly or intentionally supply or allow an underage person to possess alcohol on their property.

Take the TIME to know and understand Massachusetts Social Host Law for yourself, your child, your family, your friends and your community.

When it's time to talk to your child about alcohol and other substances, a few tips that may help:

Speak to your pediatrician, an adolescent counselor, family therapist or trusted community leader about your concerns. Don't try to figure it all out alone and don't be afraid to ask for help!

The Right Time and Place

Talk when everyone is at ease in a comfortable place.

Be prepared to talk about your own use

Be honest, but brief. Stress the differences between adult use and use by children when it comes to the law, brain development and the health risks.

Know some basic facts

Know the Massachusetts Social Host Law.

Speak to your pediatrician about any of your concerns and consider these helpful resources:

www.samhsa.gov/underage-drinking/parent-resources

www.healthychildren.org/

www.mass.gov/substance-use-prevention-for-parents

Set and agree on family rules and consequences

regarding alcohol and substance use. Make TIME to be present, to talk and to listen to your child.



SSTAR Prevention Services

386 Stanley Street, Fall River , MA 02720

508.379.4010 www.sstar.org

Free Prevention Materials:

<https://massclearinghouse.ehs.state.ma.us>