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