

Summer Safety

While summer is a time of fun and relaxation, it is important to prioritize safety!

We know to wear sunscreen, supervise children around water and be careful around fireworks. Adults also play a big part in ensuring summer safety by preventing teen substance use during the break.

Don't Serve Alcohol to Minors

Teens who consume alcohol at home are actually more likely to drink alcohol outside the home and engage in other risky behaviors. Don't be a party to underage drinking!

- Set no-drinking rules and consequences with your teen. Be consistent with them.
- Refuse to supply alcohol to anyone under 21 and ask other parents to not allow alcohol at their house or events.
- Keep track of the alcohol in your home. Count it and lock it up.



Avoid Impaired Driving

The period between Memorial Day and Labor Day, referred to as the 100 Deadliest Days of Summer, is the most dangerous time for teen drivers as traffic crashes and fatalities spike. Talk to your teens about impaired driving prevention and set a good example!

- Never drive under the influence of alcohol or other drugs, and do not get into a car being driven by someone who is.
- Prepare for events by identifying a designated driver or arranging for alternative transportation in advance.



Prevent Medicine Abuse

First time substance use among youth peaks during summer months. Protect your loved ones by getting rid of expired, unused or unwanted medications around your home!

- Clean out your medicine cabinets by collecting any expired, unused or unwanted medications around your home.
- Safely dispose of medications by bringing them to a drug disposal drop box (located in many pharmacies and police stations) or by mixing them in an undesirable substance (such as cat litter or coffee grounds), sealing them and placing them in household trash.
- Lock away your medications so others cannot access them in a way that is unsafe or illegal.

