



When they were little you covered outlets, locked cabinets, and taught them the importance of seatbelts. They need that helping hand, now more than ever.

Teen Proof Your Home

Teen Proofing Checklist: It's not about trust, it's about keeping kids safe!

- ✓ **Keep all Alcohol in a Locked Cabinet**
 - Inventory and monitor any alcohol beverages in refrigerator.
- ✓ **Lock and Monitor all Prescription and Over the Counter (OTC) Medications**
 - Only buy the drugs you need, monitor quantity used, and properly dispose unused portions.
 - Urge your friends and other family relatives to inventory and secure their medications as well.
- ✓ **Do the same inventory on common household cleaners and poisons**
 - Look at the contents of your kitchen cabinets, garage, office, or anywhere in the house where Cleaners, solvents and aerosols are stored. Monitor access and quantities for potential inhalant abuse
- ✓ **Secure all firearms**
 - Make sure all firearms are in locked safe and/or with trigger lock, separate from ammo
- ✓ **Monitor internet use**
 - Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other "legal" substances.
 - Check you teen's social networking page, such as "my space" or "face book" to make sure there is no identifying information that could endanger you teen.
- ✓ **Monitor Teen Parties**
 - Use limited guest list by invitation only, avoid "open party", don't use email to invite.
 - Welcome calls from other parents, be sure to call parents "landline" if your teen is attending a party.
 - Set clear rules ahead of time, such as no alcohol, tobacco or other drugs. Report violations to parents.
 - Limit party access to easily monitored areas of the house, make regular unobtrusive checks

For More Information Please Visit:

www.stcoalition.org

www.theantidrug.com

www.inhalant.org

www.drugfree.org

www.netsmartz.org

www.dhhs.state.nh.us/DHHS/ATOD

- Check out the many prevention DVDS, books and brochures located at the Sad Café, your local RADAR site

Together We Can!

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