

PREVENTING UNDERAGE DRINKING IS EVERYBODY'S BUSINESS

GETTING STARTED IS AS EASY AS 1 – 2 – 3!

TEENS

1. **DON'T DRINK.** Start with yourself, don't be part of the problem. Just don't use alcohol.
2. **SPEAK UP!** Make your decision known to your parents, other family members, and your friends. Friends are less likely to pressure you if they already know you don't drink.
3. **GET INVOLVED!** Get involved with any local efforts to reduce underage drinking. If there aren't any local efforts, **START ONE!** Take a stand against things in your school, city, or state that you think encourage young people to drink, like alcohol billboards all over the place, liquor stores on every corner, or adults' poor role modeling.
4. Of course, these steps are intended as a place to start, not a place to end. If you want help or more info, call us at 800-968-4968

ADULTS

1. **NEVER SERVE ALCOHOL TO MINORS!** Ever. Period. It's against Michigan Law, and just a bad idea. This includes parents providing alcohol to their own minor children in their own home.
2. **BE A ROLE MODEL. DRINK RESPONSIBLY IF YOU DRINK AT ALL.** Being an adult comes with a lot of responsibility. Everything you do is being watched by people younger than you. This includes whether or not you use alcohol, when and how much you use, and how you behave during and after using alcohol.
3. **ASK THE QUESTION, "WAS ALCOHOL INVOLVED?"** When you hear about car crashes, teen suicides, house fires, domestic abuse, schoolyard fights, or other negative events in your community, ask if alcohol was involved. If we want to address the problem, we have to know about the problem.
4. Of course, these steps are intended as a place to start, not a place to end. If you want help or more info, call us at 800-968-4968

**Although none of us can do it alone, YOU can get started now.
Getting Started is as easy as 1—2—3!**