

# ALLEGANY COUNTY HEALTH DEPARTMENT

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Dear Parent(s),

It's that time of year when school is coming to a close... Spring has sprung... it's prom time... then graduation ... parties to go to... and for some, senior week at Ocean City! It's everyone's hope that our teens get through this special time safely.

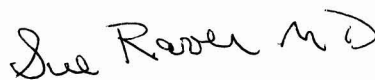
Research has shown that the number one reason for teens refusing to drink alcohol is that they worry about what their parents will think of them. Parental involvement is critical in affecting teen behavior regarding alcohol.

Listed below are tips and ideas for parents:

- Discuss rules for the occasion: your own rules, the school rules (when applicable), and the consequences for violating the rules.
- Communicate with your student ahead of time about the agenda for the evening.
- Communicate clearly regarding what you deem to be acceptable after-prom/graduation/senior week activities.
- Recent studies show that the major source of alcohol for youth is friends and families. Some parents feel that hosting a house party where alcohol is served to minors is safer because they can control it. Allowing these parties is illegal, even with other parents' consent, and the host parents may be held legally responsible for consequences that result.
- Remember, too, that excessive alcohol consumption brings more dangers than just impaired driving.
- Know who is driving. If your teen is riding in a limo, check the company's policy on allowing alcohol in the vehicle.
- Do not rent hotel rooms for prom/graduation-goers.
- Communicate with other parents about plans.
- Greet your daughter/son in person when she/he returns home after an event.
- Re-think Senior Week if a responsible adult is not going to be in attendance.

Our Substance Abuse Prevention Program is sponsoring two campaigns: "*Be the Wall between Teens & Alcohol*", and "*Parents Who Host Lose the Most*". Please join us as we encourage safe, alcohol-free experiences for our youth. For more information, please call Chris Delaney, Substance Abuse Prevention Program Director at 301-759-5265.

*Thanks for your help and support!*



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