WAYS TO STEER CLEAR OF ALCOHOL AT A PARTY:

- FIRMLY JUST SAY "NO"
- IF POSSIBLE, AVOID PUTTING YOURSELF IN THE SITUATION IN THE FIRST PLACE.
- "I'M NOT A FOLLOWER, I'M A LEADER-AND I'M SAYING NO"
- "THAT'S NOT MY STYLE"
- "NO THANKS. THAT'S NOT FOR ME"
- "NO THANKS, I'M ALLERGIC TO ALCOHOL"
- "SORRY, BUT ALCOHOL ISN'T GOOD FOR MY GORGEOUS BODY"
- "I'M TOO COOL FOR THAT"
- "MY PARENTS WOULD GROUND ME FOR LIFE"
- "MY MOM JUST CALLED, SOMETHING'S GOING ON AT HOME AND I'VE GOT TO LEAVE"
- JUST WALK AWAY. YOU DON'T OWE ANYONE A REASON.
- USE STRENGTH IN NUMBERS. IF YOUR FRIENDS ARE MAKING SAFE CHOICES AS WELL IT WILL BE EASIER TO SAY "NO"

WAYS TO STAY SAFE IF SOMEONE HAS BEEN DRINKING.

- HAVE A BUDDY SYSTEM OR A RESPONSIBLE PERSON YOU KNOW YOU CAN CONTACT IF YOU GET INTO A TOUGH SITUATION.
- MAKE SURE YOU HAVE A DESIGNATED DRIVER YOU CAN TRUST.
- TALK WITH YOUR PARENTS OR GUARDIANS ABOUT A CODE WORD YOU COULD USE IF YOU NEED THEIR HELP LEAVING A PARTY.
- REMEMBER THAT ADULTS CAN BE DRUNK DRIVERS, TOO! PROTECT YOURSELF FROM DRUNK DRIVERS OF ALL AGES.
PARENTAL RESOURCES REGARDING UNDERAGE DRINKING

- HTTPS://WWW.NOCCMI.ORG/ALCOHOL
- HTTPS://ACHCMI.ORG/ACHC-RESOURCES/UNDERAGE-DRINKING/
- HTTPS://WWW.NIAAA.NIH.GOV/PUBLICATIONS/ALCOHOL-AND-adolescent-brain
- HTTPS://WWW.NIAAA.NIH.GOV/PUBLICATIONS/BROCHURES-AND-FACT-SHEETS/PARENTING-PREVENT-CHILDHOOD-ALCOHOL-USE
- HTTPS://WWW.CDC.GOV/ALCOHOL/FACT-SHEETS/UNDERAGE-DRINKING.HTM
- HTTPS://WWW.SAMHSA.GOV/TALK-THEY-HEAR-YOU/PARENT-RESOURCES/CONSEQUENCES-UNDERAGE-DRINKING

MOST IMPORTANTLY:
BE A POSTIVIE ROLE MODEL AND SUPPORT YOUR TEEN!

THE NORTH OAKLAND COMMUNITY COALITION SUPPORTS THE LAKE ORION AND OXFORD COMMUNITY BY PROMOTING MENTAL AND PHYSICAL HEALTH FOR ALL, FREE OF ALCOHOL AND SUBSTANCE MISUSE, THROUGH EDUCATIONAL PROGRAMS, COLLABORATIVE PARTNERSHIPS, AND ENDLESS FAITH IN COMMUNITY SPIRIT. PLEASE VISIT OUR WEBSITE FOR MORE INFORMATION. HTTPS://WWW.NOCCMI.ORG/