

Happy Holidays

from the Allston-Brighton Substance Abuse Task Force

Enjoy the Season Safely

To help your family have a safe, healthy holiday season, be aware of potential situations that may endanger your child. Talk with your children about why it's a good idea to stay away from drugs and alcohol. A well-meaning friend or relative might think it's acceptable to offer your child alcohol at an informal gathering, but it is against the law to offer alcohol and illegal drugs to those under age 21.

Here are our top 5 tips to enjoy the season safely:

- 1. Set clear expectations.** Tell your child that adults may be drinking during the holidays but under no circumstances is s/he allowed to consume alcohol.
- 2. Focus celebrations on healthy activities.** Begin a holiday tradition that involves having fun in a healthy way, such as caroling, sledding, or going out to look at holiday light displays.
- 3. Plan a non-alcoholic holiday party.** Help your child learn to have fun without alcohol. Enlist your child's help in creating delicious and non-alcoholic foods and drinks, such as this [peppermint hot chocolate](#). Make sure the guests know that yours will be a substance-free event. Youth are not the only ones who can benefit from alcohol-free celebrations. You may have family and friends that are in recovery who will thank you for supporting their journey.
- 4. Keep tabs on your child.** If your older child is going to a holiday event, call ahead to make sure that it will be alcohol- and drug-free. Check in with the party planner to see what measures are in place to keep alcohol out of the party.
- 5. Be a role model.** Most importantly, your children take many cues from you. Exhibit the behavior you'd like to see from them.



Talk to your kids. They listen.

For more resources or to learn more about the Task Force's mission, please visit [our website](#).