



Lenoir County 4-H Prevention

Will you help children be healthy and safe? You don't have to join a group or March on the Capital to create change. Here are some of the simple lifestyle steps you could take to make your community a safer place for children.

Secure the alcohol in your home.

- Lock up the area where you keep your alcohol.**
- Count bottles/keep track of what you have.**
- Store alcohol in safe places that are not seen or accessible to youth.**
- Keep no more beer in the refrigerator than you drink in one sitting.**

If you choose to drink and are over the age of 21, learn about the lower risk drinking guidelines. This will lower how much alcohol you store in your refrigerator or on the counter and will teach children that alcohol is dangerous to young people and should be respected throughout life. Modeling lower risk drinking for other parents and adults will also change the way they view and consume alcohol.

Have Parties that DO NOT involve alcohol. This will help your children and those around you to see that fun does not have to include alcohol.

Speak to other adults in your circles (family, faith, school, neighborhood, civic organizations, recreational leagues, etc.) about how important it is to secure and monitor alcohol in the home. Teach them about the risks that home access pose to children's health and how prevalent the problem is.



Request a lock and/or additional information to help make your home a place where alcohol is secured and monitored.

