



**When they were little you covered outlets, locked cabinets, and taught them the importance of seatbelts. They need that helping hand, now more than ever.**

# Teen Proof Your Home

**Teen Proofing Checklist:** It's not about trust, it's about keeping kids safe!

- ✓ **Keep all Alcohol in a Locked Cabinet**
  - Inventory and monitor any alcohol beverages in refrigerator.
- ✓ **Lock and Monitor all Prescription and Over the Counter (OTC) Medications**
  - Only buy the drugs you need, monitor quantity used, and properly dispose unused portions.
  - Urge your friends and other family relatives to inventory and secure their medications as well.
- ✓ **Do the same inventory on common household cleaners and poisons**
  - Look at the contents of your kitchen cabinets, garage, office, or anywhere in the house where Cleaners, solvents and aerosols are stored. Monitor access and quantities for potential inhalant abuse
- ✓ **Secure all firearms**
  - Make sure all firearms are in locked safe and/or with trigger lock, separate from ammo
- ✓ **Monitor internet use**
  - Teens can order prescription medications online, meet adults posing as teens, and get information about dangerous misuse of over the counter medications as well as other "legal" substances.
  - Check you teen's social networking page, such as "my space" or "face book" to make sure there is no identifying information that could endanger you teen.
- ✓ **Monitor Teen Parties**
  - Use limited guest list by invitation only, avoid "open party", don't use email to invite.
  - Welcome calls from other parents, be sure to call parents "landline" if your teen is attending a party.
  - Set clear rules ahead of time, such as no alcohol, tobacco or other drugs. Report violations to parents.
  - Limit party access to easily monitored areas of the house, make regular unobtrusive checks

**For More Information Please Visit:**

[www.SoRock.org](http://www.SoRock.org)

[www.theantidrug.com](http://www.theantidrug.com)

[www.inhalant.org](http://www.inhalant.org)

[www.drugfree.org](http://www.drugfree.org)

[www.netsmartz.org](http://www.netsmartz.org)

[www.dhhs.state.nh.us/DHHS/ATOD](http://www.dhhs.state.nh.us/DHHS/ATOD)

- Check out the many prevention DVDS, books and brochures located at the Sad Café, your local RADAR site

**Together We Can!**

Phone: 603-382-8893

Email: [stcoalition@yahoo.com](mailto:stcoalition@yahoo.com)

c/o The Sad Café

P.O. Box 1051 Plaistow NH 03865