

YOU MATTER! Parents have the greatest influence on whether or not their children will drink alcohol. Listen well. Be honest. Be open. Help your kids explore ways to express their feelings. Work through problems with your children and help them understand the consequences of their actions.

- **Be Clear**
Be clear and focus on the risks of alcohol/drug use on your child's health and safety. Let your child know you love them and don't want anything bad to happen to them.
- **Take a Stand**
Let your child know you disapprove of any drug/alcohol use – children who believe their parents will be upset if they try drugs are 43% less likely to do so. Take a stand and let your child know that you disapprove of alcohol/drug use.
- **Opportunities**
Use "teachable moments" to raise alcohol/drug issues. Use public service announcements, stories on the news, TV plot lines, pop culture or current issues at school or in the community to spur on conversation.
- **Talk Often**
Frequently talk AND LISTEN to your child about how things are going in their life. Try to find time to talk and really connect with your child every day.
- **Encourage:**
Empower your child's healthy decisions. Give them opportunities to make their own decisions (choosing the movie or dinner). Build their confidence and assure them they are strong enough to fight off peer pressure.
 - Express your respect and admiration of your child. Tell your son or daughter you are proud of them for being able to handle tough situations. Catch them doing the right thing and compliment them for it.
- **Take Action:**
Get to know your child's friends and their parents. Make sure your child knows that parents talk to each other, and you hear what's going on in school.
 - Do your research and learn as much as you can about alcohol, drugs, and other trends.

Looking for more information? Visit our website at monroepwc.org and click on the 'resources' tab. Here are resources from other campaigns doing excellent work to prevent underage drinking and drug use. We highly recommend these resources if you want even more knowledge about underage drinking prevention.

- Suspect they may be vaping?
<https://truthinitiative.org/what-we-do/quit-smoking-tools>
- Find expert advice and great tools that help you raise alcohol-free kids
<https://drugfree.org/parent-e-books-guides/>
Get informed, be prepared, and take action to prevent underage drinking and other drug use.
<https://www.samhsa.gov/talk-they-hear-you/mobile-application>
- Excellent in-depth information for parents about helping your teen stay safe and make healthy choices
<http://www.drugfree.org/prevent>

- MADD's Power of Parents: a powerful new resource for parents to think about and develop strategies to address underage drinking in their family and the community
<https://www.madd.org/the-solution/power-of-parents>
- A comprehensive and up-to-date source of drug information, including drug descriptions, slang terms, short-term and long-term effects, images, and more
<http://www.drugfree.org/drug-guide>
- Family Guide on Underage Drinking
<http://www.surgeongeneral.gov/topics/underagedrinking/familyguide.pdf>
- Need help navigating today's challenges as a parent?
<https://operationparent.org>

Local Resources

Drug & Alcohol Assessment or Mental Health Assessment

- Volunteer Behavioral Health 1-877-567-6051
- Chota 423-442-2622
- Access Medical Care 423-442-8084

Get Involved in Prevention Efforts in Your Area

www.monroepwc.org

Facebook pages- Monroe County Prevention and Wellness Coalition @drugfreemonroe, Monroe County Health Council @monroehealth, Monroe County SADD (Students Against Destructive Decisions) @monroetsadd

Instagram- @monroecountypwc, @monroesaddtn

TikTok- @MoCoPWC

Monroe County & Surrounding Area Recovery Meetings

AA: Alcoholics Anonymous NA: Narcotics Anonymous CR: Celebrate Recovery O: Other

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| Sunday | AA | 6:00 PM | C21 Building (red roof) Big Book Study 675 Hwy 68, Sweetwater, TN |
| | CR | 6:00 PM | Englewood Church of God 18 W Athens St, Englewood, TN |
| Monday | AA | 12 Noon | Monroe County Courthouse Get Your Week Off Right Support Group Rear Maintenance Entrance (Under Steps), Madisonville, TN (Closed Meeting) |
| | O | 6:00 PM | ReNew Recovery at Sweetwater First Baptist Church 303 Wright St- Fellowship Hall Entrance, Sweetwater, TN |
| | NA | 8:00 PM | Sweetwater Hospital (next to the cafeteria), Sweetwater, TN |
| Tuesday | NA/AA | 6:00 PM | The Loft Church 104 Campground Rd, Madisonville, TN |
| | AA | 5:30 PM | Century 21 (Red Roof Building) Back to Basics 675 New Hwy 68, Sweetwater, TN (Closed Meeting) |
| Wednesday | AA | 6:00 PM | 1st Baptist Church Basement Downtown Fellowship Group Side Entrance Next to Dumpster, Madisonville, TN (Closed Meeting) |
| Thursday | CR | 6:00 PM | Watt's Bar Church 1517 State Hwy 68, Decatur, TN |

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| | AA | 5:30 PM | 1st United Methodist Church Get Your Weekend Off Right Support Group Across Street from Baptist Church Entrance, Madisonville, TN (Open Meeting) |
| Friday | CR | 6:00 PM | Madisonville Church of God 3895 New Hwy 68, Madisonville, TN |
| | NA | 8:00 PM | Sweetwater Hospital (next to the cafeteria), Sweetwater, TN |
| Saturday | AA | 8:00 PM | Tellico Plains Community Center Tellico Plains Group Behind Hardies & BP, Tellico Plains, TN |