

Sometimes a "no" is the best gift of all

A lot of teenagers are looking forward to the summer holidays or graduating from school. When we join forces, we can protect them from using alcohol and drugs and avoid them getting harmed.

Some teenagers will ask their older friends, siblings or you, their parent, to buy alcohol for them. Most people who buy alcohol do so because they are trying to be nice or because they are concerned that their teenager will otherwise buy it from an unknown person.

Where do young people get ahold of alcohol and other drugs?

Det är lätt att beställa alkohol och droger via sociala medier. Ha koll på om din tonåring börjar be om eller göra av med ovanligt mycket pengar, eller swishar till mobilnummer som du inte känner igen.

As a parent, you can make a big difference!

The risk of being involved in an accident or being the victim of a crime increases when drinking alcohol. As a parent, you can do a lot to protect your teenager. For example:

- Talk to your teenager. Ask them about their plans for the evening.
- Continue to check in with your teenager that everything is OK.
- Make yourself available and be prepared to pick them up should something happen.
- Talk to your child's friends' parents and collaborate on keeping an eye out.
- The websites www.fullkoll.nu and [Tonåringar och alkohol - råd till föräldrar | Systembolaget](http://Tonåringar.och.alkohol-råd.till.föräldrar.Systembolaget) contain facts, tips and advice on things such as the five most common drugs or what you can do if your teenager comes home under the influence.

Together we can prevent accidents and crime!

Did you know that half of all young people would refrain from drinking if they were not given alcohol by someone they know?

The brains of young people are more susceptible to alcohol and other drugs than adults because the brain continues to develop up to the age of 25.

*Source: "Who can you trust" CAN survey, the Swedish Council for Information on Alcohol and Other Drugs, 2023

