

Storing and Monitoring Alcohol At Home

Alcohol availability and easy access to alcohol are related to greater consumption of alcohol and alcohol-related problems among adolescents.

Monitoring your alcohol and completing an alcohol inventory can help keep track of the alcohol in your home.

- Know what is in your refrigerator, cabinets and other areas you store your alcohol
- Move alcohol to a less easily accessible location permanently or during parties
- Mark the liquor level on bottles
- Lock your basement or garage refrigerator
- Put a physical lock on the liquor bottle or the cabinet alcohol is in
- Post a print out of your alcohol inventory that can be placed on the refrigerator or in an open location, replace when needed
- Is your alcohol freezing? Make sure your alcohol is not diluted with water to refill to prior levels

Securing your alcohol provides “an out” keeping youth you know safe.

If your child is being pressured to get alcohol to share, they will not be able to.

