

UNDERAGE DRINKING

OKLAHOMA'S 800 MILLION DOLLAR JAM

Lesson 2:



SET FAMILY RULES TOGETHER

When families create rules together, everyone gets to voice their opinion, know what is expected of them, and be aware of the consequences of breaking the rules. Putting the rules in writing helps everyone remember the rules and can help head off any disagreements later on. Take some time to come up with your own family's rules together.

WHAT YOU WILL NEED

- Pens or pencils
- The Family Values Worksheet.doc at: <http://everfi.me/ValuesTemplate>
- The Lesson 2 The Family Rules Resource.doc at: <http://everfi.me/RulesTemplate>

OVERVIEW

Sit down with your parents or guardians and fill out the Family Values Worksheet

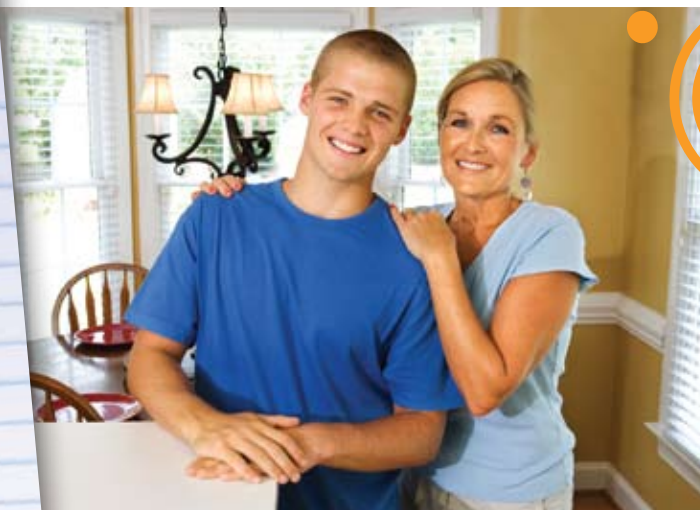
1. **Start by discussing your family values.** What does your family value most? Is it clear and consistent communication and/or respecting each other's personal space and property? What about when it comes to drugs and alcohol? Work together to come up with a statement of your family values.
2. **Set rules together.** Discuss what the family rules should be. Make a list of the most important rules and talk about the reason behind each rule. Discuss how each rule is meant to protect the safety and well-being of every member of your household.
3. **Outline consequences.** Work together to outline any specific consequences for breaking each rule. Try and select consequences that are related to the specific behavior that violates the rule.
4. **Sign the worksheet.** Treat this exercise as a family contract by having every member of the household sign his or her name.

Don't forget to talk about social host

Oklahoma's Social Host law means it's up to parents to make sure kids don't drink in their home or on their property. The law is clear: If kids under age 21 are drinking alcohol at a gathering, whoever is providing the location for that gathering will be held responsible — whether they are an adult or a minor, and whether they rent, own, or simply provide the location. Fines for the first offense are up to \$500. For more information, visit www.oklahomasocialhost.com

OKLAHOMANS
WHO HOST
STAND TO **LOSE**
THE MOST

Don't give people under 21 a place to drink.



These lessons are Supplemental to the 2 hour online education platform: AlcoholEdu for High School which is available at no cost to every high school in the state.

To bring AlcoholEdu to your school visit

<http://everfi.me/AlcoholEduOklahoma>

Check out Lesson 3 on Wednesday, April 25. This lesson is part of the Underage Drinking – Oklahoma's 800 Million Dollar Jam program provided by the Newspapers in Education (NIE) program. To learn more about NIE's free classroom resources, visit nie.newsok.com or contact bhuntsman@opubco.com.