

Are you OK with letting teens drink?

Did You Know?

- **Teens drink to get drunk. They do not drink “responsibly”.**
- **If you let teens drink at your home, it’s against the law...even if their parents say it’s OK.**
- **Teens whose parents let them drink at home drink more in other situations.**
- **The human brain takes 23-25 years to fully develop. The part of the brain responsible for learning and memory can be 10% smaller in teens who drink.**

RESEARCH SHOWS...

Parents are the #1 influence in a teen’s decision not to drink.

Create a positive, loving home environment.

Strive to have positive communications with your teen often.

Be aware of your teen’s emotional well-being.

Talk about the risks of underage drinking.

Set clear rules and expectations.

Help teens to choose friends wisely.

Know your teen’s friends and activities.

Ensure an alcohol-free environment.

Monitor whereabouts when unsupervised.

Alcohol damages the teenage brain.

Teens who drink alcohol are more likely to engage in other risky behaviors!

Risky Behaviors	Youth who do not drink alcohol	Youth who drink alcohol provided by parents and other adults	Youth who drink alcohol and took it without permission
Lied to parents about whereabouts	31%	71%	85%
Admit their friends drive after drinking	12%	66%	51%
Engaged in consensual sexual activity	13%	54%	56%
Stole from a store	15%	41%	55%
Got into trouble with police in the past year	14%	40%	50%
Skipped school	8%	39%	47%
Rode with an impaired driver	8%	30%	38%
Have been at fault in a car wreck	7%	28%	34%
Gave or sold alcohol or other drugs to someone	3%	24%	35%

Most teens who believe their parents would disapprove of them drinking alcohol choose not to drink. Make sure your teen knows how you feel. Discuss this early and often.

Check out SaveBrains.org for more info