

Parents are the #1 influence in a child's decision not to drink.

What if my friends ask me to drink?

You drink alcohol, so why can't I?

Why is alcohol bad for me?

Work with your children to think of ways to safely handle these situations and develop a plan of action.

Make sure they know they can call or text you to come get them if they find themselves in problem situations.

Remind them that it is against the law for anyone under 21 to drink alcohol!

Point out that adult bodies are fully grown and handle alcohol differently than the bodies and brains of still growing children and teens.

Don't use scare tactics.

Explain how alcohol can damage growing brains and bodies and can lead to harmful or dangerous choices.

Talk Early. Talk Often. Get Others Involved!

Parents - Learn to answer the tough questions!

I got invited to go to a party - can I go?

Did you drink when you were my age?

If alcohol is so bad, why do you drink?

Ask if an adult will be present, and then follow-up with a call!

Point out that just being at a party where underage drinking is going on can lead to trouble.

Use this time to establish or reinforce your no-use rules about alcohol.

Experts recommend that you give an honest answer.

Never glamorize underage drinking or tell funny stories about it. It gives the wrong impression.

Explain that adults drink for different reasons.

If they drink too much or drink and drive, it's not healthy for them, either.

If you drink, be an example for low risk drinking choices.

Keep in mind that before you start to TALK, you must LISTEN.