In 2019, 14.7% of 12th-grade students and 5.7% of 8th-grade students in Gwinnett County reported having at least one or more drinks of alcohol in the past 30 days. (Georgia Student Health Survey)

THE GOOD NEWS IS the percentage of 30 day teen alcohol use has decreased from where it was several years ago. The reality is that MOST teens do NOT drink!

Who plays the biggest role in making sure this trend continues?

Over 80% of young people ages 10-18 say their PARENTS are the leading influence on their decision whether to drink. (SAMHSA)

As a parent, your teen is more likely to make healthy choices if YOU do the following things to prevent underage drinking:

- Eat dinner together regularly.
- Be caring and supportive, and surround your child with positive role models.
- Encourage your child to engage in healthy extracurricular activities.
- Maintain open lines of communication.
- Set no-drinking rules and consequences. Be consistent with them.
- Help your child learn different ways to say "no" if offered alcohol.
- Keep track of the alcohol in your home. Count it and lock it up.
- Check in with your teens about their plans and ask about alcohol.
- Be up and ready at curfew to talk with your teens about their night.
- Set a good example! If you do drink, do so responsibly, and never drive after drinking.