

inspired

[to make healthy choices]

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Power of Parents

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. [\(SAMHSA\)](#)

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

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.

Parents have the power to prevent underage drinking!

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