Parents are the #1 influence in a teen's decision NOT to drink. Parents can prevent underage drinking by teaching their child resistance strategies. Building these skills early prepares them to make healthy decisions later.

RESISTANCE STRATEGIES

**AVOID**

Teens may know ahead of time if certain situations where underage drinking is likely to occur. Encouraging teens to avoid risky situations or individuals can keep them safe.

**LEAVE**

Make sure your teen knows that they have the power to leave situations where underage drinking is happening. Develop an exit plan with them ahead of time. This may include letting them know who to call, identifying a safe meeting place or coming up with reasons to tell their friends why they have to leave.

**REFUSE**

Discuss potential scenarios where your teen might witness underage drinking. Help them develop and practice different ways to say "NO" to if they are offered alcohol. Having a buddy who also commits to not drink underage can make it easier to refuse.

Some examples of ways to say "NO" include:

- "No thanks, I'll pass."
- "I'm good. I want to play video games instead."
- "No way! I'll be grounded for life if I do that."
- "Nope. I need my body to be ready for the big game."
- "Nah, I have a test tomorrow" or "No, I have to drive"

Be direct & keep calm  Suggest another activity  Use parents as an excuse  Use health as an excuse  Think of responsibilities

Keep the conversation going!

As your teen grows and has new experiences, resistance strategies can be adjusted to reflect changing social situations.