

## Resisting Underage Drinking

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."

Be direct & keep calm

"I'm good. I want to play video games instead."

Suggest another activity

"No way! I'll be grounded for life if I do that."

Use parents as an excuse

"Nope. I need my body to be ready for the big game."

Use health as an excuse

"Nah, I have a test tomorrow" or "No, I have to drive"

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.

