

Parent Tip Card

We know starting the conversation with your kids about the dangers of alcohol isn't always easy. Here are a few things to keep in mind:

You don't have to get all your points across in one "big" talk. Having multiple talks with your kids will reinforce your message—underage drinking is not safe, smart, or tolerable.

Having a "big talk" can feel overwhelming to everyone (and result in your child tuning you out). Use opportunities like car rides and meals to mention the dangers of underage drinking. Get into the habit of chatting with your kids every day, without electronic devices.

Explain to your kids that underage drinking is against the law and dangerous for minors. Point out that adults are fully developed mentally and physically so they can handle drinking. Teen's minds and bodies, however, are still growing, so alcohol can have a greater effect on their judgment and health. The teen brain is still developing until the age of 25.

Peer pressure is a powerful thing. Teaching your youth skills to resist the social pressure to drink can help them be equipped to say no. Help them have a response prepared when asked by a peer to drink, for example, "No thanks, I have a big game tomorrow."

Remember to lead by example. Kids notice what adults are doing. If you drink, do so in moderation and never get behind the wheel of a vehicle.

No One's House
is a safe place for teen drinking.

