



THE TIME BETWEEN
MOM. MOM. MOM. MOM.
& I NEED A BREAK.

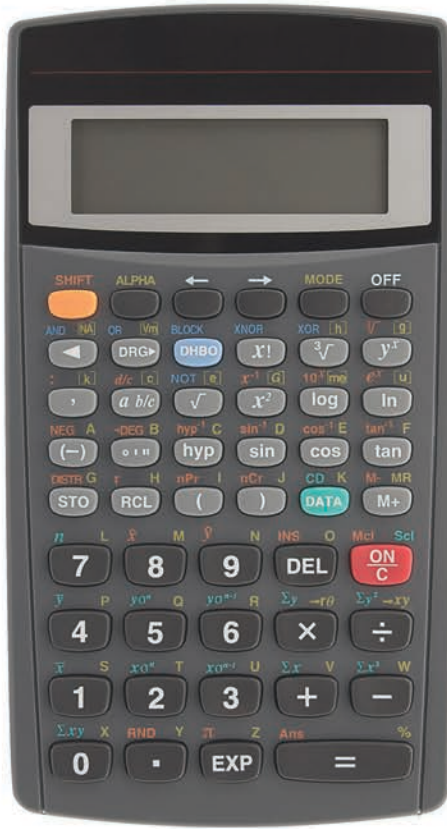
Parenting isn't always easy.

Talk often. Regularly. Repeatedly. Frequently with your child about the consequences of underage drinking.

Short conversations can make a big impression on your child's decisions about alcohol. Sure, starting the conversations at an early age is helping in keeping them alcohol-free. As they grow older and move into middle school and high school, the pressure to try alcohol increases. It is important that the conversations increase as well.

- Talking often builds an open, trusting relationship with your child.
- Lots of little talks are more effective than on 'big talk'
- When you do talk about alcohol, make your views and rules clear.
- As your children get older, the conversation changes
- Remember, the conversation goes both ways.
- What you do is just as important as what you say.

Source: <https://www.samhsa.gov/underage-drinking/parent-resources/small-conversations>



THE TIME BETWEEN
HELPING THEM WITH HOMEWORK
& NOT REMEMBERING ALGEBRA.

Parenting isn't always easy.

Neither is being a teen. Talk with your child about the consequences of underage drinking. No algebra required.

Knowledge is power! Understanding the consequences of underage drinking will help with these important conversations. Some consequences include:

- Get bad grades – youth who use alcohol have a higher rate of academic problems and poor school performance compared to nondrinkers.
- Engage in risky sexual activity – young people who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often and to have unprotected sex.
- Make bad decisions – drinking lowers inhibitions and increases the chances that children will engage in risky behavior or do something that they will regret when they are sober.
- Have health problems - Young people who drink are more likely to have health issues such as depression and anxiety disorders.

Information provided by:

https://www.samhsa.gov/sites/default/files/consequences-of_underage_0.pdf

THE TIME BETWEEN
SETTING A GOOD EXAMPLE
& YELLING AT THE COACH.



Parenting isn't always easy.

Neither is being a teen. Talk with your child about the risks of underage drinking.

The conversations may not be easy, but don't worry. You don't have to get everything across in one talk. Many small and low-key talks are better. Here are some goals to consider:

1. Show you disapprove of underage drinking. Most young people say their parents are the leading influence on their decision to drink or not drink. So, they really are listening! It is important that your message is clear and strong.
2. Show you care about your child's happiness and well-being. When they know you are on their side, they are more likely to listen. Reinforce the reasons why you don't want them to drink – not because 'you say so,' but because you want them to be happy and safe.
3. Show you're a good source of information about alcohol. Establishing yourself as a trustworthy source of information will help your child come to you to make informed decisions about drinking.
4. Show you're paying attention and you'll notice if your child drinks. You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.
5. Build your child's skills and strategies for avoiding underage drinking. Peer pressure is a powerful thing for a teen. Even if your child doesn't want to drink, it could be tempting just to avoid appearing 'uncool.' Help build skills to resist the pressure...and practice them.

Source:

<https://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals>

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THE TIME BETWEEN
PLANNING A HOME-COOKED
MEAL & ORDERING FAST FOOD.



Parents: Underage drinking is risky.

Talk with your kids about not drinking alcohol. Try it tonight...during dinner.

You are the biggest influence on your child's life. Kids who say they learn a lot about the risks of underage drinking at home are significantly less likely to drink. That is why it is important to talk and listen to your teen. So, have those talks. Often.

Not sure what to say? Don't let that keep you from saying something. What you say to your child about alcohol is up to you (see resources below for ideas). But remember, not saying anything to discourage underage drinking could have an indirect influence on their alcohol use.

Resources:

- Talk. They Hear You. (www.samhsa.gov/underage-drinking)
- Partnership for Drug-Free Kids (<http://drugfree.org>)
- Prevention First (www.prevention.org/Virtual-Clearinghouse/ParentsCaregivers-Help/)



THE TIME BETWEEN
STEPPING ON A LEGO®
& LOSING YOUR COOL.

Parents: Talking about underage drinking isn't always easy.

It is, however, always important. Have a conversation today!

Teachable moments come up all the time. Be mindful of natural places for the conversation to go in order to talk about underage drinking.

TIPS FOR CONVERSATIONS ABOUT UNDERAGE DRINKING:

Preteens and teens are a savvy bunch when it comes to this topic, and they need detailed and reality-driven messages from you.

- Make sure your child knows your rules and that you'll enforce the consequences if broken.
- Be clear that you disapprove of alcohol use.
- Get to know your child's friends – and their parents.
- Don't leave your child's drug education up to the school. Build on their knowledge with additional information. (Resources: drugfree.org, samhsa.gov/underage-drinking)

Source: www.drugfree.org