



You taught your child how to cross the street safely. They may no longer need to hold your hand, but they still need your support. Help your teen see the risks of underage drinking.

KEEP SHOWING UP.
They're still growing up.

Not only is it important to discuss these risks, but it's also important to set a good example when it comes to alcohol. Make sure you are helping to send positive signals to your teenager:

- *Show that adults can enjoy themselves without alcohol.*
- *Don't drink and drive.*
- *Offer non-alcoholic drinks when you entertain.*
- *Limit how much and how often you drink.*
- *Don't glorify people who drink excessively.*
- *If you have people over, be sure the focus isn't alcohol.*



You helped your child learn how to be social. They may no longer need help picking friends, but they still need you for other things. Help your teen feel comfortable saying no to underage drinking.

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You can encourage an alcohol-free life by creating a strong parent-child relationship.

Here are some ways to help build that relationship with your teenager:

- **Keep open communication.** Continue being open and honest with your teen. Help make them feel comfortable to be the same with you.
- **Show up.** Don't miss out on being present for your child's important moments - big or small. Setting aside time for them helps show that you care, and you're invested in their life.
- **Establish boundaries.** It's crucial to set clear and realistic expectations for your child's behavior. It's equally important to consistently enforce the rules you set in place.
- **Celebrate the wins.** When your child succeeds, your encouragement helps promote their positive behavior. Make sure you are recognizing the accomplishments and progress in your teen's life.



You steered your child away from touching the stove when they were little. They may no longer need supervision in the kitchen, but they still need your guidance.

Talk with your teen about the dangers of underage drinking.

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There are different ways you can make sure you're clear about not permitting your teenager to drink.

- **Don't make alcohol available to your child or their friends.** This isn't only a matter of safety, it is the law.
- **Supervise any parties in your home to make sure there is no alcohol – and make sure your teens know the rules ahead of time.** Learn more about social hosting laws and what they can mean for your personal liability in the event of underage drinking in the home.
- **Is your child socializing at someone else's home? Know where they will be.** Call the parents in advance to verify the occasion and location and that there will be supervision. If the activity seems inappropriate, express concern and keep your child home.
- **Communicate your expectations and rules for when your teen goes out with friends, and include regular check-ins.**



You helped your child learn the importance of nutrition. They may be able to make healthy food choices on their own now, but they still need your guidance.

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Discuss the health and safety risks of drinking alcohol underage.

Try having short and frequent talks about the specific dangers of alcohol.

- **Alcohol impairs judgment.** Underage drinking can lead to poor decisions about engaging in risky behaviors that put one's self and others at risk.
- **Teen brains are more vulnerable to alcohol.** Research shows that the teen brain doesn't fully develop until 25. Alcohol can alter this development, potentially affecting brain structure and function.
- **Underage drinking increases the risk of alcohol problems later in life.** Research shows that people who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives.

Source: Partnership for Drug-Free Kids www.drugfree.org

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