

Memorable Moments:  
*What Are They?*

Memorable moments can happen *any time* and *place*. It's about keeping your eyes and ears open for an opportunity. Did you hear the lyrics of that song? What do you think about them? This movie seems to glamorize alcohol use. Do you think that's how it is in real life? What's the billboard over there telling us about alcohol? Use everyday situations to lead into a discussion about the risks of underage drinking.

- Alcohol can impair judgment, leading to riskier decisions.
- Underage drinking interferes with normal brain development.



Meaningful  
MOMENTS

Memorable Moments:  
*The Follow-Up*

Memorable moments tend to happen on the fly. They are rarely sit-down occasions, so sometimes you need to *follow up* on a discussion cut short or left unfinished. Maybe you need to clarify some information before continuing the conversation – that’s OK! Underage drinking is not a one-time discussion, so revisit it when you find another memorable moment.

- Chat with your teens about not using alcohol to solve problems; it only creates them. Encourage them to work issues out and deal with stress in other ways. They can come to you or another trusted adult for help.
- Refresh yourself on the facts of underage drinking. It interferes with judgment, coordination, and reflexes. Talk with your teen about how it can cause them to lose control and make risky choices.