

THE TIME BETWEEN
ANSWERING YOUR
PHONE & DROPPING
IT IN A PUDDLE.



Can they hear you now?

Parenting isn't easy. Listening isn't either. Make sure you are loud and clear about not drinking alcohol underage.

As a parent, you hold tremendous influence over whether your child decides to drink or not. Be informed and be clear that you disapprove of underage drinking, model health behavior and find opportunities to discuss the dangers of alcohol.

- Drinking impairs judgment and 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



**THE TIME BETWEEN
STARTING AN EMAIL & SENDING IT
BEFORE FINISHED.**

Parenting can be frustrating.

Send the complete message that underage drinking is risky and not to drink alcohol until 21.

You know the risks, but what can you do?

- 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.

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

THE TIME BETWEEN
SETTING DOWN YOUR
GLASS OF WATER & THE
CAT TAKING A DRINK.



Parents have a lot to keep track of.

If you didn't see it, that doesn't mean it didn't happen. Make sure your kids know that drinking alcohol underage won't slip by unnoticed.

The 2018 Illinois Youth Survey reported that over forty percent of 8th, 10th, and 12th grade youth report that they believe their parents would never be caught by their parents if they drank alcohol or attended a party where alcohol is served.

Nearly forty percent of 10th and 12th grade youth responded 'never' to the question that if they drank alcohol and drove, would their parents catch them. Finally, over forty-five percent responded that if they rode in a car driven by a teen driver that had be drinking, their parent would never know.

It is natural to want to trust your teen and give them a healthy sense of independence. The truth is that while they deserve your trust, they also deserve your commitment to helping them stay on track and out of trouble. After all, parents are their children's #1 influence!

Source: Center for Prevention Research and Development. (2018). Illinois Youth Survey 2018 Frequency Report: State of Illinois. Champaign, IL: CPRD, School of Social Work, University of Illinois

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THE TIME BETWEEN
COOKING DINNER & “DON’T
EAT SO FAST!”

Parenting can be scary.

Don't bite off more than you can chew. Just like you teach your kids, small bites are best. Short, frequent conversations about the risks of underage drinking will build trust for the time when something doesn't go as planned.

“Remember, it's not a one-and-done conversation”, says Dr. Tori Cordiano, a clinical psychologist in Beachwood, Ohio, who suggests seizing on any openings where you can share your views on underage drinking. “They know a lecture when they hear one, so make sure it's multiple, short conversations,” she says.

Conversations should include helping teens think through other options. Cordiano suggests casually saying, “Hey, I know parties with this group can get rowdy. What's your plan if it gets out of control or the person you're riding with ends up drinking?”

Also consider helping them think through what to say if others are pressuring them, such as, “My mom would kill me, and I can't risk missing out on the next party.” Or, “The coach will bench me if I'm caught.”

Source: <https://yourteenmag.com/health/drugs-alcohol/real-talk-about-underage-drinking>

THE TIME BETWEEN
GETTING READY FOR
SCHOOL & SMELLING
THEIR BREATH
DURING DROP-OFF.



Checking...rechecking...checking again! Parenting isn't easy. Routine is helpful. Make talking with your kids about not drinking alcohol part of yours.

Productive communication with your teen doesn't always have to feel like you're giving them the third degree. Remain calm, relax and follow the tips below to ensure that your child hears what you have to say — and vice versa.

- Try to be objective and open. If you want to have a productive conversation with your child, do your best to keep an open mind and remain curious. Your child is more likely to be receptive this way.
- Ask open-ended questions. These are questions that elicit more than just a “yes” or “no” response and will lead to a more engaging conversation.
- Let your teen know they're being heard. Use active listening and reflect back what you are hearing — either verbatim, or just the sentiment. For example, you can say, I'm hearing that you feel overwhelmed, and that you think drinking helps you relax. Is that right?
- Discuss the negative effects of alcohol, and what that means in terms of mental and physical health, safety and making good decisions. Talk about the long-term effects.
- Remind your child that you are there for support and guidance — and that it's important to you that they are healthy and happy and makes safe choices.

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