

KEEP SHOWING UP

They're Still Growing Up



21: Why is Age so Important?

Many young people wonder why drinking alcohol is not allowed before age 21. Share information with them so they can understand its importance.

Make sure your child knows your family rules and give your teens a consistent no-use message regarding alcohol. Keep family rules up to date according to their development. You can refresh them when necessary.

- ★ Check in with your teens after they've been hanging out with friends or a different crowd than their usual one. Use your parental instinct to quickly and quietly check for anything unusual.***
- ★ Knowing that you, their parent, disapprove of underage drinking is a key deterrent for teens and pre-teens, even if they won't admit it!***
- ★ Parental values and beliefs are part of their decision-making; use them to your advantage.***

Source: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.

KEEP SHOWING UP

They're Still Growing Up



Parenting: The Name of the Game

***As much as your teen can
sometimes think they're in
charge, they're not.***

You get to make the rules.

It's not about controlling them but about their health and allowing their brains to fully develop. The longer use is delayed, the better.

Someone who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood. Some other risks of early alcohol use include:

- ★ Alcohol poisoning, injuries, violence, or sexual assault***
- ★ Changes in brain development***
- ★ School performance problems and taking other risks such as smoking, drug misuse, and risky sexual behaviors***

Source: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.