

# 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.

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## ***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***

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