

HOW TO TALK TO YOUR KIDS ABOUT ALCOHOL



Talk Early.

Start talking to your child about alcohol use when they are young and continue the conversation as they grow.

Send a Clear Message About Alcohol Use.

Set clear expectations around underage alcohol use.

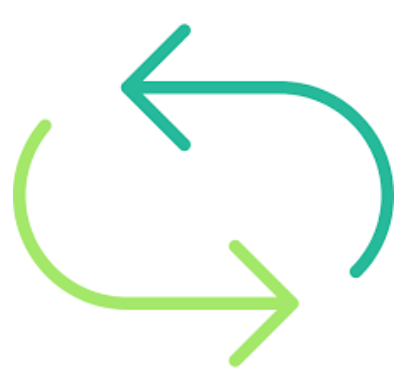


Let Them Ask Questions and Listen.

Encourage your young person to ask questions about alcohol. If you don't know the answer, work together to find it.

Talk About It As It Comes Up in Conversation.

A formal conversation is uncomfortable for the youth and the parent. Talk about alcohol as it naturally comes up in conversation.



Keep the Conversation Going.

A one and done conversation is not effective. Have many small conversations with your child.

Plan to Succeed.

Help your young person develop a plan on how to avoid alcohol use and practice that plan.



Focus on Health and Wellness.

Ground the conversation in your desire for your child to live a healthy and safe lifestyle.

Praise Positive Decision Making.

Encourage your youth to make good decisions and praise them when they do.

