

Talk Early, Talk Often

It's not too early to help prevent underage drinking and substance use!



5 TIPS FOR TALKING WITH YOUR CHILD ABOUT ALCOHOL

1 Tell them you disapprove of underage drinking.

Over 80% of youth ages 10-18 say their parents are the #1 influence on their decision not to drink. They really are listening!

2 Show you care about your child's happiness and well-being.

Young people are more likely to listen when they know you're on their side. The conversation will go much better if you're working with, and not against, your child.

3 Be a good source of information about alcohol.

You want your child to make informed decisions about drinking with reliable information about its dangers.

4 Show you're paying attention and you'll notice if your child drinks.

You want to show you're keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5 Build your child's skills and strategies for avoiding underage drinking.

Even if your child doesn't want to drink, peer pressure is a powerful thing. To prepare your child to resist peer pressure, you'll need to build skills and practice them.



WESTBROOK PARTNERS FOR PREVENTION
Supporting a safe and healthy future for Westbrook youth

FOR MORE INFO

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Supported by the Westbrook School Department and the Drug-Free Communities Support Program

