



# YOUR KIDS AND ALCOHOL

Start Talking 2 Prevent Drinking



**TALK TO YOUR KIDS...**

**PARENTS YOU ARE A MAJOR INFLUENCE!**

Many persons addicted to alcohol report their first drink at a young age in their family home.

Parents reduce the easy availability and acceptability of alcohol in the home, and TALK 2 prevent alcohol consumption in our youth!



**TELL THEM WHAT YOU EXPECT**

Make your expectations about drinking alcohol very clear with your children, their friends and role models in the community.

Set boundaries

Be consistent with your messaging

**ACT AS THEIR EXAMPLE**

Talk to your children from a young age about abstaining from drinking and if they must drink, talk to them about drinking responsibly.

Be a positive role model by drinking responsibly or not drinking at all.

**LISTEN AND ENGAGE**

Encourage your kids to talk to you about alcohol and their pressures to participate in the local drinking culture.

Be involved and interested in their activities.

Get to know their friends, and their parents.

**KNOW THE FACTS ABOUT ALCOHOL AND ITS DANGERS!**

Educate yourself about the risks of consuming alcohol so that you can share the information with your family.

Know if your children's friends are drinking; or drinking and driving.

**TALK**

**KIDS!** SHARE WITH YOUR PARENTS or with ADULTS WHOM YOU TRUST

**START THE CONVERSATION**

Open up to your parent/guardian about alcohol and share with them what you think!

**HOME IS YOUR FOUNDATION**

Speak to your parents about the importance of keeping an alcohol-free home.

**ASK FOR HELP**

Do you have a question or concern about alcohol? Ask your parent/guardian for help!

**EXCHANGE STORIES WITH YOUR FRIENDS**

Speak to your friends about alcohol and encourage them to start the conversation with their parents/guardians.

**RELY ON YOUR RELATIVES**

Your loved ones and relatives play a huge role in your future, lean on them for advice about drinking.

**SHARE**