YOUR KIDS AND ALCOHOL
Start Talking 2 Prevent Drinking

PARENTS
You are a major influence!

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

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.

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

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.

Home is your foundation
Be involved and interested in their activities.

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

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 with your parents or with adults whom you trust
Many parents 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!