

5 Ws of Talking to Your Children About Underage Drinking:

Who: ALL PARENTS need to address underage drinking to protect their children's health, safety and well-being.

What: TALK to your children about the dangers of alcohol. Listen respectfully and be open to what they have to say.

Where: TALK in your home, during meals, watching TV, in the car, after a school activity. Always keep the lines of communication open.

When: THE EARLIER you begin talking to your children, the less likely they will choose to drink. Keep the important, essential conversations going.

Why: THE BRAIN continues to develop into the mid-20's and it can be negatively affected by alcohol use in the teenage years.¹ The only way for an adolescent to “drink responsibly” is to - **NOT TO DRINK AT ALL.**





PARENTS ARE THE **#1** INFLUENCE IN THEIR CHILDREN'S LIVES²

When teens were asked to draw the major influences in their lives, they placed their parents first before peers and activities.³

**USE YOUR INFLUENCE TO KEEP YOUR CHILDREN SAFE,
HEALTHY AND ALCOHOL FREE!**

For more information and resources:

www.talk2prevent.com
www.timetotalk.org
www.theantidrug.com
www.candlerockland.org

1. Drugfree.org, 2007
2. SAMHSA, Family Guide, 2007
3. Speak Up Campaign, 2010

