



65% of the youth surveyed said that they got the alcohol they drink from family and friends.

WWW.NODRUGS.INFO

TIPS FOR PARENTS

Talking With Young Children About Alcohol

It's not too early to talk with your third or fourth-grade child about alcohol. Use these tips as a way to start the conversation, then go to WWW.NODRUGS.INFO for more help.

- 1** Watch TV commercials about alcohol together. Note that they make alcohol look glamorous and exciting. But point out how alcohol slows down the body and mind and affects judgment, decision-making, vision, reaction time and coordination.
- 2** Develop and share family rules about underage use of alcohol and make sure your child understands that the rules are for his or her protection.
- 3** Discuss reasons not to drink alcohol. Focus on the positive—opportunities for success, being healthy, making good choices.
- 4** Talk about alcohol's effects on the body and mind. Children's brains are different from adult brains. Alcohol is especially dangerous before the brain is finished developing (around the age of 21).
- 5** Help your child be prepared for real life situations; practice ways to say no to alcohol and how to refuse a ride from an unsafe driver tactfully.

There is no known safe amount of alcohol for children. Find out more ways to keep alcohol away from your children. Go to WWW.NODRUGS.INFO

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