YOUR KIDS AND ALCOHOL
Start Talking 2 Prevent Drinking

TALK TO YOUR KIDS...

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.

Act as their example

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

Listen and engage

Be involved and interested in their activities.

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

Set boundaries

Be consistent with your messaging.

Get to know their friends and their parents.

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.

Share with your parents or with adults whom you trust

Tell others about alcohol and its dangers. Join the conversation.

Relay on your relatives

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

SHARIE