



TALKING TO KIDS ABOUT ALCOHOL

5 CONVERSATION GOALS

Research shows that parents are the #1 reason young people decide not to drink. So, start talking to your children about alcohol before they start drinking—as early as 9 years old. Even if it doesn't seem like it, they really do hear you.



- 1** Show you disapprove of underage drinking.
- 2** Show you care about your child's happiness and well-being.
- 3** Show you're a good source of information about alcohol.
- 4** Show you're paying attention and you'll notice if your child drinks.
- 5** Build your child's skills and strategies for avoiding underage drinking.

Keep it low-key. Don't worry, you don't have to get everything across in one talk. Many small talks are better.