

FUTURE DRUNKS

People who begin drinking before age 15 are 4 times more likely to develop alcohol dependence at some time in their lives (compared to those who have 1st drink at 20 or older).

WE SUPPORT A NEW BAR CODE



1-800-400-6001

NO UNDERAGE DRINKING

WWW.NODRUGS.INFO

TIPS FOR PARENTS

Keeping Alcohol Away From Your Child

1

Keep your supply under lock and key.

Notice fewer beers in the fridge? Liquor taste watered-down? Half of ninth graders say they get alcohol from their parents or another adult. Keep your supply in a locked cabinet or beer in a separate locked refrigerator. It's the best way to be sure your child isn't tempted.

2

Always know...

WHO your child hangs out with. WHAT are they doing? WHERE will they be? WHEN will they be home? And, when it's curfew time, be awake to greet them.

3

Set family ground rules.

Set rules based on your own values, but here are a few good ideas: Kids will not drink alcohol until they are 21, stay at teen parties where alcohol is served, and will not ride in a car with a driver who has been drinking. Older siblings will not encourage younger brothers or sisters to drink and will not give them alcohol.

4

Take time to learn the facts.

Take a few minutes today. Go to www.nodrugs.info. Knowing the facts helps you feel more comfortable when you talk to your child. You'll find links to other web sites loaded with useful tips to having that conversation.

5

Listen. Check in often.

Show your children that you care by really paying attention when they talk. Put everything aside. Focus on what they are saying. Show interest in what they care about. Don't wait for them to come to you.

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