

# Face to Face Addressing Alcohol During the High School Years

## Talk Tips

## The Reality.

As your children grow up, the chances that they will use alcohol increase tremendously. Nearly 51% of Jefferson County youth believe it is “okay” for them to drink alcohol. As a result of these perceptions, 1 out of every 4 high school students reports drinking in the last 30 days.

### Did you know?

*Teens still care what their parents think. Express how concerned you are for their safety and the disappointment you would feel if they used alcohol or other drugs.*

### Know Where You Stand!

- Learn about the harmful effects of alcohol on youth and make sure all the adults in your house are also on the same page.
- Be clear.
- Be sure your child knows your expectations and desires for him/her to stay alcohol free until age 21.

### Establish Family Rules and Expectations

Establish a “no alcohol use” rule for your kids. Work with your children to establish a fair contract. Explain the consequences for breaking these rules and follow through if a rule is broken.

### Use Your Words

Parents have the greatest influence on their children’s decision to begin drinking. Be specific, communicate the dangers, and emphasize your concern for their future. Compliment your teens on the things they do well and continue to stay involved.

### Did you know?

*At the end of 2014, 25% of Jefferson County retailers were still serving alcohol to minors.*

### The Harmful Effects:

Underage drinking is a major cause of death among young people. Alcohol use during adolescence interferes with brain development and has a lasting impact on their memory and judgment. Kids who drink during their teen years are four times more likely to have alcohol dependence problems later in life; are at a greater risk of being a victim of physical or sexual assault; and are more likely to engage in other drug use and risky behaviors.

*Need more help?*

*Find out more at [www.pridenow.org](http://www.pridenow.org).*

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