

Meaningful  
MOMENTS



Life Education Center  
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Memorable Moments:  
*The Follow-Up*



Memorable moments tend to happen on the fly. They are rarely sit-down occasions, so sometimes you need to *follow up* on a discussion cut short or left unfinished. Maybe you need to clarify some information before continuing the conversation – that’s OK! Underage drinking is not a one-time discussion, so revisit it when you find another memorable moment.

- Chat with your teens about not using alcohol to solve problems; it only creates them. Encourage them to work issues out and deal with stress in other ways. They can come to you or another trusted adult for help.
- Refresh yourself on the facts of underage drinking. It interferes with judgment, coordination, and reflexes. Talk with your teen about how it can cause them to lose control and make risky choices.

SOURCE: (<https://www.niaaa.nih.gov/sites/default/files/Handout-Deep-Digging.pdf>)