



Iroquois - Kankakee
IRK
Regional Office of Education

Memorable Moments: *Many Moments, Big Impact*



Teens are influenced by so many things when it comes to underage drinking. They are juggling the ideas and opinions of their peers, media messages, their commitments, teams, and even their parents! That's why it's *important* to have memorable moments *regularly*. Connecting consistently can build respect and a stronger relationship with your child.

- Drinking can lead to serious troubles. When talking with your child, be consistent in your no-use messaging. Being clear is important. Don't leave it up to interpretation when it comes to underage drinking.
- Up your level of parental monitoring and involvement when you can. Be more aware of your teen's whereabouts and plans, and know their friends and activities. Let them know there are consequences for alcohol use.

SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3917172/>