



Never-ending Moments.

There are endless moments to talk about underage drinking with your kids. Underage drinking is a serious public health problem in our country. Alcohol is saturated into so many aspects of society that opportunities pop up all the time.

- Adults in your home are their very first role models. You can help by talking about the risks of underage drinking. Adults should drink responsibly if they choose to drink themselves and never make alcohol available to minors.

Binge drinking is a real problem. Teens don't sip a glass of wine at dinner as an adult might; in fact, about **90 percent of teen drinking** is done in a binge (about **three drinks for girls and three to five for boys in about two hours**). This is dangerous drinking!

- Do your teens know your rules when it comes to underage drinking? Now is the time to revisit or decide what they are if you've not set them. Being fair, while being logical and consistent with rules and consequences are the same principles you followed when they were young.

If you aren't sure what your children would say about underage drinking, then it's time to talk to them about it. Don't let silence become approval. Get those conversations going!

April is Alcohol Awareness Month.

Impaired Driving: Talk With Your Kids



Show Them
You Care

Help Them Create an
Exit Plan

Reinforce
Expectations

Don't Wait for
the "Perfect Time"

Let's raise awareness about the dangers of underage drinking and provide support to your teen in their journey of remaining alcohol free.

As a parent or caregiver, it's important to stay informed about the risks for underage drinking. Look out for changes in behavior or mood swings. Open conversations and awareness can help prevent and address alcohol use.

Signs Your Child Might Be Vulnerable to Using Alcohol

- Rebellion Against Family Rules
- School Problems
- Mood Changes
- Friend Changes
- A "Nothing Matters" Attitude
- Physical or Mental Problems
- Alcohol Presence

For more information and
resources, please visit:
www.pledgeforlife.org



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