

Meaningful Moments



You have the power!

Did you know that even though it may look like teens are not listening (they may not even look awake!), your words can stay with your teen and influence their choices? Teens should know your thoughts about a wide range of subjects—including **your disapproval of underage drinking and your reasons why.**

Keep these considerations in mind, and block time in your family calendar for a low-key, relaxing moment and an opportunity to talk. **Never underestimate your influence as a parent.** You are your teen's first and primary teacher in the subject of life. Check out these empowering quotes as you navigate the parenting journey.

KEEP THESE TIPS IN MIND

1. Talk to them, even if you have no reason to suspect that they have a desire to drink alcohol underage.
2. Your teen may have already talked to their friends about the topic, and they might know someone their age who drinks alcohol.
3. Share your family's rules about not drinking alcohol underage and what will happen if they are caught breaking the law. They need to know how harmful it is to their developing brain and body.

At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents.

—Jane D Hull, Governor of Arizona
(1997-2003)

Don't worry that children never listen to you; worry that they are always watching you.

—Robert Fulghum

As your kids grow up, they may forget what you said, but they won't forget how you made them feel.

—Kevin Heath

Encourage and support your kids, because children are apt to live up to what you believe of them.

—Lady Bird Johnson

Source: www.samhsa.gov/talk-they-hear-you

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