



**START TALKING
BEFORE THEY
START DRINKING**

www.stopalcoholabuse.gov

Now it's your turn to start talking!

Parent Resources:

- _ www.stopalcoholabuse.gov/
- _ www.family.samhsa.gov/
- _ pubs.niaaa.nih.gov/publications/children.pdf
- _ www.girlsanddrinking.org/index.php
- _ www.nida.nih.gov/students.html
- _ www.ed.gov/parents/academic/involve/drugfree/drugfree.pdf
- _ www.theantidrug.com/

How to Talk To Your Son or Daughter:

- _ www.centurycouncil.org/underage/asklistenlearn.html
- _ captus.samhsa.gov/western/resources/prevtalk/documents/newsletter-2006-01.pdf
- _ www.promtips.org/

Youth and Young Adult Drinking Statistics and Information:

- _ www.nida.nih.gov/infofacts/hsyouthtrends.html
- _ www.collegedrinkingprevention.gov/statsummaries/snapshot.aspx
- _ www.camy.org/
- _ www.centurycouncil.org/underage/65_data.html

To get involved, invite a speaker to your community meeting, or request more information please contact:

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Age 11 is not too early to start talking with your child about the dangers of underage drinking. Frequent conversations with clear messages and expectations should be ongoing and should continue through high school and even on in to their college years.

ASK QUESTIONS Think of interviewing your child like a reporter might. Use news articles or events as ways to start a conversation.

LISTEN Don't lecture or over-react.

BE A PARENT, NOT A FRIEND Share your parental values and set the rules. Make it clear that underage drinking is not okay under any circumstances. Enforce the rule you set.

MODEL BEHAVIOR If you drink, do so moderately. Demonstrate healthy ways to deal with stress, anger and other emotions.

DISCUSS THE RISKS of underage drinking, and not just those associated with drinking and driving. Recent research shows that the brain is in a phase of critical development through our early twenties and can be affected by even moderate alcohol use.

SHARE YOUR FAMILY HISTORY of substance abuse.

LET THEM KNOW HELP IS AVAILABLE for them or a friend that has a problem and that alcohol is never the solution.

ENCOURAGE THEM to make friends with others that make healthy choices.

SUPERVISE your son or daughter and know who their friends are, where they are going, and what they are doing.