

# Preventing Underage Alcohol Use

## A Discussion Guide for Parents and Kids



### 5 Discussion Points and Tips for Talking

**Talking with your kids about alcohol use isn't always easy.** But it's important to start the conversation early. Begin talking today so your child's first lessons about alcohol are from you—and not her or his friends. Use the tips below to start the conversation.

#### Discussion Points

1. Be clear about your expectations about alcohol use. Talk about how adults in your family are responsible about drinking and don't drive or become overly intoxicated.
2. Don't wait for your children to bring up the topic—use advertisements, news stories, or personal incidents to raise the issue before it becomes a problem. Ask your child what he thinks about the alcohol use he sees in the media.
3. Talk to your kids at least weekly about the peer pressure they experience or see at school and in their social groups. Be patient if your child doesn't want to talk about her own experiences right away.
4. Point out how friends influence your child. It's easier to say no to a stranger who asks you to drink alcohol instead of a friend.
5. Talk about your child's view of underage alcohol use. Does your child know of anyone who drinks alcohol? What does he think of that?

#### Take It Further

ParentFurther discussion guides are created to help you talk with your kids about tough topics. Visit [www.ParentFurther.com](http://www.ParentFurther.com) for more discussion guides and additional resources.

#### Tips for Talking

- **During their high school years, many kids begin to think they're old enough for alcohol, sex, or drugs. Be clear about why you think your child should wait until she's older and which values your opinions represent.**
- **If you consumed alcohol as a teenager, be honest with your children if they ask about it. Tell them about the consequences you faced.**
- **As kids get older, make sure they know the difference between beer, wine, and hard liquor. In many TV shows, movies, books, and internet videos, there's a lot of pressure to drink hard liquor—and lots of it.**

It's important to start communicating with your child about your values and beliefs as early as possible. By maintaining open and honest communication, you can help your children feel comfortable talking with you about difficult issues, such as alcohol use and peer pressure.