

**Think alcohol
doesn't harm
a teen's brain?**



Think again.

It's a fact. Alcohol can damage your teen's learning and memory forever.

Talk to your kids about the dangers of alcohol and keep at it through their teens.

For tips on what to say, visit:
www.StartTalkingNow.org



What can parents do?

Create a positive, loving home environment.

- > Be kind and respectful to each other.
- > Eat dinner together, have pleasant conversations.

Talk early and often with your child.

- > Be friendly and interested. Talk with your child daily about his/her interests. Listen to concerns.
- > Discuss your family values and boundaries (no alcohol, tobacco, marijuana or other drugs).

Help them become competent and involved.

- > Young people are much less likely to drink if they have interests and positive activities to do.

Teach children to choose friends wisely.

- > Teach qualities to look for in a friend, especially one who supports your values and your rules against drinking.

Monitor your child's activities.

- > Always know where your children are, who they are with, and what they are doing.
- > Get to know your children's friends and their parents.
- > Help provide safe, fun activities.
- > Practice having these conversations at www.StartTalkingNow.org/parents.