Research shows that parents are the #1 reason young people decide not to drink. So, start talking to your children about alcohol before they start drinking—as early as 9 years old. Even if it doesn’t seem like it, they really do hear you.
1. Show you disapprove of underage drinking.
2. Show you care about your child’s happiness and well-being.
3. Show you’re a good source of information about alcohol.
4. Show you’re paying attention and you’ll notice if your child drinks.
5. Build your child’s skills and strategies for avoiding underage drinking.

Keep it low-key. Don’t worry, you don’t have to get everything across in one talk. Many small talks are better.