



# TALKING TO KIDS ABOUT ALCOHOL

## 5 CONVERSATION GOALS

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.