

Tips for the Month

Week 1

Have 1 more dinner together per week as a family for the rest of the month.

Week 2

Send your children positive text messages about healthy expectations and choices.

Week 3

Visit www.stopalcoholabuse.gov for resources to help start discussions with teens about alcohol and drinking, including an action plan that parents can personalize for their children to help start the conversation.

Week 4

Sign a contract with your child about who'll they'll contact if they end up at a party scene and need help.

Week 5

Join your local Coalition.

If you want to get more involved in preventing underage drinking or learn about presentations for parents in your community, please contact your Local Prevention Council...

Darien	Greenwich
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For a listing of parent forums/presentations in the surrounding communities and throughout CT, please visit www.lfcrac.org/calendar.htm.

The Power of Parents

Did you know...

- Parents who had clear discussions with children around the risks of underage drinking before the age of 10, had children who were less likely to initiate alcohol use early.¹
- Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol.²
- It is illegal to allow minors to possess alcohol or “host” underage drinking parties.
- 65% of teenagers report that they get their alcohol from family and friends.
- During adolescence, significant changes occur in the body, including the formation of new networks in the brain. Alcohol use during this time may affect brain development.³



This publication is courtesy of
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www.LFCRAC.org

^{1,2} Hawkins, J.D., Graham, J.W., Maguin, E., Abbot, R., Hill, K.G. and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial risk factors on subsequent alcohol misuse, Journal of Studies on Alcohol, 1997.

³ NIAAA

Skills and Tips to Prevent Underage Drinking

The Power of Parents

"What parents may not realize is that children say parental disapproval of underage drinking is the key reason they have chosen not to drink."

Source: Charles Curie, former Substance Abuse and Mental Health Services Administration (SAMHSA) administrator, U.S. Department of Health and Human Services.

Source: www.parentsempowered.org

TAKE ACTION

There are six actions you can take to help keep your child alcohol free.

1. Talk Early and Often with Your Child
2. Get Involved
3. Be a Role Model
4. Teach Kids to Choose Friends Wisely
5. Monitor Your Child's Activities
6. Set Rules

Source: www.ctclearinghouse.org/Topics



PARENT EDUCATION WEBSITES

- www.settherulesct.org
SetTheRulesCT is designed to provide parents and adults with information and resources to help parents keep Connecticut's youth from drinking alcohol.
- www.parentsfortheright.com
Find simple, practical, and proven ways to help your kids succeed. Take a tour to find out about their exciting new features! E-Newsletter sign-up.
- www.theantidrug.com
Basic drug information, parenting advice, newsletter and many other resources. Information is available in the following languages Spanish, Chinese, Filipino, Korean and Vietnamese.
- www.drugfree.org/Parent
Website for the partnership for a drug free America includes timetotalk.org, a great resource for starting that conversation early and often with your children.

HELP IS AVAILABLE

- **211 Connecticut Info Line • www.infoline.org**
2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.
- **SAMHSA National Drug Information Treatment and Referral Hotline 800-662-HELP (4357) • www.dasis3.samhsa.gov**
Information, support, treatment options, and referrals to local rehab centers for any drug or alcohol problem. Operates 24 hours, seven days a week.