

5 W's of Talking to Your Kids about Underage Drinking

Who: All parents and any adult with an interest in the well-being of youth, need to talk about underage drinking to kids. Even if your child doesn't drink, research shows that your child can be negatively influenced by peer use of alcohol.

What: TALK to your children about the dangers of alcohol use. Know you are not alone - there are many resources that can assist you with having this conversation.

Where: TALK in your home, during meals, in the car, at the game. Always keep the lines of communication open.

When: The younger you begin the conversation, the less likely your child will choose to drink.

Why: Parents remain the single greatest influence over their children's behavior. Alcohol affects the mind and body in often unpredictable ways. Teens lack the judgment and coping skills to handle alcohol wisely. This can lead to problems at school, and your child being more likely to be involved in violent crime, sexual assault, traffic-related crashes, and robbery.