SMART STRATEGIES FOR SOCIAL PRESSURE

Talk, They Hear You

PARENTS WHO HOST LOSE THE MOST®

Don't be a party to teenage drinking.

It's against the law.



Adults who had taken their first drink of alcohol before the age of 15 were 6.5 times more likely to experience an alcohol use disorder than those who didn't start drinking before age 21.

1 Set clear boundaries & structure

No matter how mature teens appear, they still rely on explicit structure and rules; setting transparent expectations and consistent consequences provides the stability they need, preventing the confusion that loose boundaries often create.

2 Start with common ground

Jump straight into a conversation about drinking and you risk triggering an immediate argument. Instead, open the dialogue around a shared interest like sports, music, or movies. Establishing a relaxed, positive connection first makes it far easier to transition naturally into sensitive topics like alcohol use without putting your teens on the defense.

3 Empower your teen to resist peer pressure

Social settings often put teens in positions where alcohol is present, making it tough to say no when everyone else is drinking. While fitting in matters to them, you can help your teen build practical strategies to confidently decline alcohol without feeling left out.

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NATIONAL HELPLINE FOR PARENTS (1-800-THE-KIDS)

Addiction Policy.org

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PREVENTIONHUB
BUILDING RESILIENT COMMUNITIES
PASSAIC COUNTY

United for Prevention in Passaic County
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