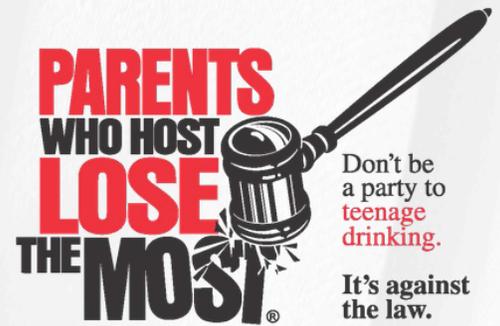


SAFETY OVER SILENCE HOME IS A SAFE SPACE TO TALK

Talk, They Hear You



1

Establish a conditional amnesty policy

This ensures your teens know that if they ever feel unsafe at a party or need a sober ride home, they can call you for a safe, immediate pickup without fear of an immediate confrontation; the focus remains on their physical safety in the moment, with a calm discussion saved for the following morning.

2

Take the time to learn for yourself

A firm understanding of the science behind teenage drinking and brain development is helping to encourage adolescents to make better decisions about drinking and to give adults better tools to discourage risky behaviors.

3

Use the sleep connection

Clarify that alcohol prevents the brain from reaching deep REM sleep; without this "recharge" phase, the brain remains in a state of fog that impairs focus, reaction time, and problem-solving skills throughout the school week.



In a 2025 survey of parents and their kids, 50% of youth reported their parents as the leading influence on their decision to drink or not



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

Deconstructing Stigma



February 2026

