

# YOUR FUTURE, YOUR CHOICE

## NAVIGATING THE PATH TO GOOD DECISIONS

Talk, They Hear You



Approximately one-third (33%) of all alcohol-related teen traffic fatalities occur during the months of April, May, and June—the heart of prom and graduation season.



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

**Just 4 teens**



April 2026



### From peer pressure to peer protection

Help your teen shift from "fitting in" to looking out for their friends' safety. By practicing how to handle high-pressure social situations, you help them transition from a passive bystander to a confident leader who prioritizes the well-being of their entire group.



### Your attitude shapes their choices

Research shows that parents remain the single greatest influence on a teen's decision to drink, even more than their peers. When you set clear expectations and model healthy behaviors, you provide the "moral compass" they need to navigate social pressure and choose safety over the crowd.



### Foster safe spaces

While school provides a foundation, community-based education turns knowledge into action by transforming teens from passive students into active leaders. Engaging in local, youth-led initiatives strengthens their personal commitment to staying sober and shifts the narrative. When communities invest in these strategies, sobriety evolves from a school rule into a celebrated social norm.

