

HEARD & UNDERSTOOD: CONNECTING WITH TEENS TO PREVENT UNDERAGE DRINKING

Talk, They Hear You

1

The summer break vulnerability

Teen substance use spikes during the summer due to a lack of daily structure. This unstructured time increases experimentation, prompting even typically responsible students to try alcohol. The resulting impairment leaves teens and college students at a much higher risk for accidents and unsafe decisions during their break.

2

Establish a "code word" for safe rides

Create a specific text code word your teens can use when they need a safe exit from an uncomfortable situation. Remove the fear of consequences by ensuring they know their safety always comes first and that you or a trusted driver will pick them up immediately, no questions asked.

3

Summer connection keeps teens safe

Use relaxed summer schedules to step up casual check-ins—like chatting during a drive, cooking together, or hanging out after their summer job. By staying involved in their daily routines, asking about their plans, and truly listening to their experiences, you create a supportive environment that helps them resist seasonal peer pressure and make safer choices.



Underage possession of alcohol
accounts for more than 80% to 90%
of all beach-related juvenile
citations and arrests.



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

Keep Resources



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