

PRACTICAL TOOLS FOR PARENTS: GUIDING SAFE CHOICES

Talk, They Hear You

1

Script casual "outs"

Help your teen brainstorm believable excuses to refuse a drink without feeling uncool. Let them blame you as a shield by using phrases like "I'm driving early tomorrow," "I'm taking medication," or "My parents track my location."

2

Model responsible behavior

Your actions speak louder than words, so avoid relying on alcohol as your primary way to unwind after a stressful day. Teens pay close attention and often mimic the coping mechanisms they observe at home.

3

Ask open-ended questions

Skip the lecture and foster open dialogue by asking exploratory questions instead of making blanket statements. Start conversations by asking what they see at parties, why they think peers drink on weekends, or how comfortable they feel around alcohol.



Teen drunk driving accidents occur in 20% of teen drivers involved in fatal crashes. The blood alcohol level in these teens was higher than the adult legal limit in 81% of cases.



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

Teen Driver Source - CHOP

