

LEAD THE WAY SET THE STANDARD STAY CONNECTED

Talk, They Hear You



**PARENTS WHO
HOST LOSE THE
MOST**



The odds of developing a mood disorder are 3.6 times higher for someone dependent on alcohol than for someone not dependent on it

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

1

**Clear expectations
make a difference**

Teens who know their parents disapprove of underage drinking are 80% less likely to drink than those who don't. Setting family rules about alcohol reduces the chance of early drinking by 40% or more

2

Model the message

Your behavior speaks louder than words—model the healthy choices you want your teen to make. Over 80% of teens say their parents' attitudes toward alcohol influence their own decisions

3

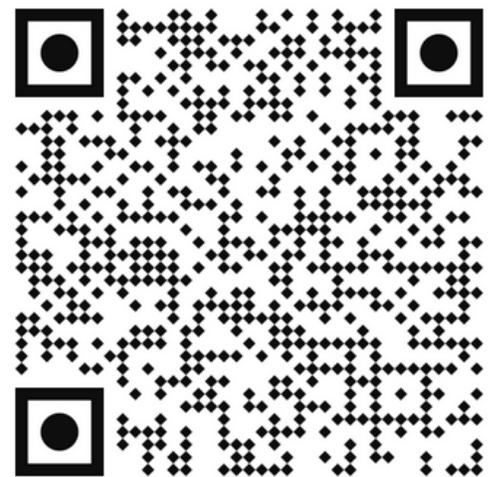
**Communication builds
protection**

When parents talk openly and stay connected, they create a united front that shows teens their community shares the same expectations and helps prevent underage drinking

i talk
they hear you®



Parent Check NJ



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