PREPARED, CONNECTED, & PROTECTED

Talk, They Hear You



1 Normalize the discomfort

Reassure your teen that wanting to fit in is completely normal—and that saying "no" takes practice. Validate how awkward it can feel to be the only one without a drink, which takes the shame out of admitting they feel pressured.

2 The "No-Questions-Asked" safe ride

Make a clear agreement that your teens' safety always comes before rules or consequences. Promise an immediate, judgment-free ride home anytime they feel unsafe—and remind them to call 911 right away if a friend is ever unresponsive.

3 Watch for holiday triggers

Holiday breaks bring unsupervised free time, family gatherings where alcohol is easily accessible, and increased party invitations. Set clear expectations before events, keep alcohol locked or monitored at home, and remind your teens that holiday celebrations don't require drinking.

Young drivers aged 21-24 accounted for the highest percentage of alcohol-impaired drivers involved in fatal crashes on Thanksgiving Eve: 44%, according to the National Highway Traffic Safety Administration.

talk they hear you®

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

Newport Academy

November 2026

PREVENTIONHUB
BUILDING RESILIENT COMMUNITIES
PASSAIC COUNTY

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