

BE THE GUIDE THEY TRUST NOT THE VOICE THEY TUNE OUT

Talk, They Hear You

1

Your actions send strong messages

When you choose not to provide alcohol at children parties and lock your liquor cabinet—you are sending the message that safety and responsibility come first—helping them make stronger choices when you're not around

2

Offer support and guidance

Teens who feel connected to their parents are less likely to engage in risky behaviors. Being emotionally available, setting boundaries, and checking in consistently creates trust and reduces the chances of underage drinking

3

Be clear and consistent

Teens need to hear your rules and expectations. When parents set firm limits about alcohol use, kids are more likely to respect those boundaries and avoid unsafe situations



PARENTS WHO
HOST LOSE THE
MOST



Teens who drink are five times more likely to drop out of school and more likely to struggle with grades and attendance

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

HealthyChildren.org



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