

TALKING WITH YOUR TEEN ABOUT ALCOHOL

Do I really need to?

In a 2008 survey of 2,527 Lenawee County youth,

- 7 out of 10 twelfth grade students reported using alcohol at least once in their lifetime. Of those students, 20% stated that they had drunk alcohol on 40 or more occasions.
- 1 out of 4 tenth grade students reported using alcohol within the last 30-days.
- 38% of twelfth graders reported alcohol use within the last 30 days.

How do I start the conversation?

Recognize opinions vs. facts.

“Based on...my opinion is...”

Ask open-ended questions.

“How do you feel...?”

Ask your teen for his or her opinion.

“Do you see any risks to underage drinking?”

Avoid scare tactics and focus on self-respect.

“You are too smart...”

Discuss rather than lecture.

“Has anyone offered you alcohol?”

Be supportive and non-threatening.

“It sounds like you’re saying...”
“Am I understanding?”

What else can I do?

Get to know other parents.

Know your teenager’s plans.

Develop a family rule about teen drinking.

Set a good example.

Provide alternatives to drinking.

For more ways to help your teen make the most of these years, visit madd.org/powerofparents or TheAntiDrug.com. You may also contact the Lenawee Substance Abuse Prevention Coalition at 517.263.7861 and visit www.drugpreventionlenawee.com.

