



PCCAN

HELPS COUNTY CHILD ADVOCACY NETWORK

Preventing Underage
Drinking Takes a
Lot of Tools!



TOOL #2

TALK TO
YOUR TEEN
ABOUT
DRINKING

No matter what issues your child is facing, one of the best things you can do to prevent them from turning to alcohol, is to talk with them.

- Short, frequent discussions can have a real impact on your child's decisions about alcohol.
- Lots of little talks are more effective than one "big talk."
- Make your views and rules about alcohol clear.
- As children get older, the conversation changes. Make sure your conversation is age appropriate.
- Be a good listener, remember that the conversation goes both ways.
- Teach kids how to say "No Thanks" when alcohol is offered.
- What you do is just as important as what you say. Be a model for your child.

The Parent Toolbox Project is a cooperative effort between PCCAN and the St. James and Rolla School Districts.

For additional information about how to talk to your child about underage drinking go to "Talk, They Hear You," at [samhsa.gov/underage-drinking](https://www.samhsa.gov/underage-drinking)

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