



**PCCAN**

HELPS COUNTY CHILD ADVOCACY NETWORK

Preventing Underage  
Drinking Takes a  
Lot of Tools!



**TOOL #5**

**WATCH FOR  
SIGNS OF  
DRINKING AND  
GET HELP  
IF NEEDED**

**Watch for warning signs to help them spot an alcohol problem. If these warning signs appear, investigate and seek help if needed. Early interventions lead to better outcomes.**

Look for changes in:

- Behavior
- Concentration
- Friends
- Mood
- Energy
- School Performance
- Memory
- Sleep Patterns

Help can be provided by:

- A school counselor
- Your church pastor
- Your family physician
- Your area treatment provider

**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)

**This Project Made Possible Through Funding  
Provided By ACT MISSOURI**