

**LEARN MORE.  
START TALKING.**



# **DISCUSSING ALCOHOL WITH YOUR CHILD.**

- **CREATE A PLAN.**

Incorporate a summary of relevant facts about alcohol, your family's history of alcohol use, and the expectations you have for your child.

- **ASK YOURSELF QUESTIONS BEFORE TALKING TO YOUR CHILD.**

If your student has an unexpected consequence from alcohol, how will you respond? If your child is somewhere and feels concerned for themselves or others, whom should they contact?

- **GET THE CONVERSATION STARTED.**

Keep pointers in mind including asking your child about their views on alcohol. Listening to your child, giving constructive feedback, being wary of scare tactics, help plan ways for your child to handle peer pressure.

- **CONTINUE TO TALK.**

After the initial conversation, continue to talk with your child about alcohol. It is common for conversations to happen at more than one sitting and for the depth of conversation to evolve over time. Be available to talk, listen, and provide support.