

ALL THE HARD THINGS

THERE IS ONE thing all caregivers can agree on. It is not always easy to talk to your children. As our children get older, the topics get harder. Whether you are personally familiar with the risks of teen drinking or not, your perspective still matters. Don't let your own experiences discourage you from talking with your children about not using alcohol while underage. Setting rules and relevant consequences now will benefit your family for the years to come.

Children need to know you have their back, but it is equally important for them to know your rules regarding drinking alcohol underage – it is not allowed. It can be a hard line to draw but it's just one of many that parents are responsible for. The line is this - drinking underage is not allowed in our family. Children are allowed to disagree with the rules set by adults but that does not mean the rules have to change.

Research shows that teens think their parents should have a say if they drink alcohol underage. Really! So, discuss the family rules and don't let parental silence be mistaken for approval.

Source: niaaa.nih.gov



Funded in whole or in part by the Illinois Department of Human Services, Division of Substance Use Prevention and Recovery through a grant from the Substance Abuse and Mental Health Service Administration.



KEEP SHOWING UP.

THEY'RE STILL GROWING UP.

Havana Area
PREVENTION TEAM

