



Make sure your child knows you have their back and support their choice **NOT** to drink alcohol underage.

KEEP SHOWING UP

THEY'RE STILL GROWING UP

Whether they admit it or not, your teen still needs you. They look to you for guidance even when you least expect it, looking for support and reassurance. Children and teens thrive in an environment with safe boundaries, so show them you've got their back:

- Your teens may feel relief that you support them in staying alcohol-free. It gives them license to use it as their reason to refuse a drink if offered.
- Assist them in finding alternative activities when they don't want to join their friend group for whatever reason.
- When your teen comes home from being with friends, greet them when they arrive home. A hug and "good night" let them know you care about what they were up to while out that night.

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