



You set limits when they were younger. Now it's time to set the rules on NOT drinking underage.

KEEP SHOWING UP

THEY'RE STILL GROWING UP

Children can disagree with your household rules but that doesn't mean the rule has to change. They're allowed to be upset about it and you're allowed to **take a stand against underage drinking.**

- Make sure your teen knows the harmful effects of drinking alcohol underage.
- Get to know their friends' parents and their views on underage drinking. Advocate for keeping teens alcohol-free.
- Once you have rules in place there should be consequences if broken.

We all know parenting doesn't get easier over time – it just changes. Keeping your household rules relevant and age-appropriate for your child is important. Don't let your silence on a topic be thought of as approval.

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