Alcohol Awareness Month

Founded and sponsored by NCADD, Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcoholism by encouraging communities to reach out to the American public each April with information about alcohol, alcoholism and recovery. Alcoholism is a chronic, progressive disease, genetically predisposed and fatal if untreated. However people can and do recover. In fact, it is estimated that as many as 20 million individuals and family members are living lives in recovery!

Alcohol Awareness Month provides a focused opportunity across America to increase awareness and understanding of alcoholism, its causes, effective treatment and recovery. It is an opportunity to decrease stigma and misunderstandings in order to dismantle the barriers to treatment and recovery, and thus, make seeking help more readily available to those who suffer from this disease.

Talking To Kids About Alcohol 5 Conversation Goals

1. **Show you disapprove of underage drinking.**
   More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. So they really are listening, and it’s important that you send a clear and strong message.

2. **Show you care about your child’s happiness and well-being.**
   Young people are more likely to listen when they know you’re on their side. Try to reinforce why you don’t want your child to drink—not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you’re working with, and not against, your child.
Havana Area Prevention Team is a non-profit organization that seeks to promote:

- Healthy, happy, and responsible lifestyles for area youth and families.
- Awareness of positive alternatives and support of positive actions and activities for youth and families in and around the Havana area.

Like us on Facebook:
Facebook.com/HavanaAreaPreventionTeam

5 Conversation Goals Continued

3. Show you’re a good source of information about alcohol.
You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don’t want your child to be learning about alcohol from friends, the internet, or the media—you want to establish yourself as a trustworthy source of information.

4. Show you’re paying attention and you’ll notice if your child drinks.
You want to show you’re keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are many subtle ways to do this without prying.

5. Build your child’s skills and strategies for avoiding underage drinking.
Even if your child doesn’t want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you'll need to build skills and practice them.

Keep it low-key. Don’t worry, you don’t have to get everything across in one talk. Many small talks are better.