

# REAL TALK, REAL IMPACT IT STARTS WITH YOU

## Talk, They Hear You

1

**Set rules and expectations and enforce consequences**

Let your child know that underage drinking is unacceptable in your family. Enforce consequences when family rules are broken but be fair.

2

**Be the parent, not just a friend**

Get to know your child's friends and their parents-and understand their rules and expectations. Embrace your role as a parent first; your guidance matters more than friendship.

3

**Keep teens busy during after school and evening hours**

Teens who are involved in constructive, adult supervised activities are less likely to use alcohol than other teens



**PARENTS WHO  
HOST LOSE THE  
MOST**



**11% of all alcohol consumed in  
the U.S. is by people aged 12-20  
Alcohol is the most used drug  
among U.S. teens**

**NATIONAL HELPLINE  
FOR PARENTS  
(1-800-THE-KIDS)**

**Ask Listen Learn  
Kids and Alcohol Don't Mix**

