

# Parents, You Matter.

Help Reduce Underage Drinking and Other Drug Use



## open communication

It's neither too early, nor too late, to talk to your child about alcohol.

Developing open and trusting communication between you and your children can help them avoid underage drinking and drug use and guide them toward healthy decisions.

## TIPS


Use these tips to help guide the conversation:


- Encourage conversations with questions like:
  - "What was the best thing that happened to you today?"
  - "What are other kids at school saying about alcohol and drugs?"
  - "What do you think about drinking/drugs?"
- Listen without interruption. Your active listening paves the way for conversations about topics that concern you.
- Ask open ended questions.
- Be clear that you disapprove of drinking and other drug use and expect your child to delay alcohol use until 21.
- Establish a "no use" policy and communicate it clearly with your child. Create consequences ahead of time and follow through if rules are broken.


### **Make the following agreements with your child:**


- No drinking alcohol before age 21
- Because I care about your safety, you're expected to stay clear of ALL drugs, including prescription medicines that aren't your own
- No socializing in places where teens are drinking or using drugs
- No riding in a car with an underage driver who has had any amount of alcohol or drug use

## The Shocking Reality:

22% of Kansas City Northland youth reported drinking alcohol in the last 30 days 

45% of kids will be offered drugs at least once during their teenage years 

Last year, more teens got high on prescription medicines than cocaine, meth and ecstasy combined 

The average age Kansas City Northland youth report drinking their first alcohol beverage is 12—that's 6th grade! 

# PARENT UP

[WWW.PARENTUPKC.COM](http://WWW.PARENTUPKC.COM)

Research shows that kids who learn a lot from their parents about the dangers of alcohol and other drugs are up to **50% less likely to use than those who do not.**