

UNDERAGE DRINKING

Action Checklist

Our goal is to equip you with actionable steps to safeguard your children against the risks associated with underage drinking. This checklist provides a structured approach to address these critical issues. By being prepared, you can proactively engage with your children, establish trust, and promote responsible decision-making, ultimately helping to reduce the likelihood of underage drinking and its potential consequences.

- Set a good example regarding your own alcohol use and your response to drinking
- Develop family rules about teen drinking and establish consequences (starting this conversation is a great first step!)
- Know the warning signs of a teen drinking problem
- Be in a comfortable environment for your child to feel safe talking to you
- Make sure the timing is right, don't choose a hectic day or time
- Note what questions you are going to ask your child to include your "pulse check" question
- Think through the objections your child may have and what positive responses could be
- Know what resources are available in your area in case they are needed