

# FACE to FACE

## Addressing Alcohol During the High School Years



## The Reality.

As your children grow up, the chances they will use alcohol increase tremendously. Over 45% of Bloomington-Normal high school students think it is only “a little bit wrong” or “not wrong at all” for students their age to drink alcohol regularly. As a result of these perceptions 2 out of every 5 high school students reports drinking in the last 30 days.

### Know Where You Stand!

- Learn about the harmful effects of alcohol on youth and make sure all the adults in your house are also on the same page
- Be clear
- Be sure your child knows your expectations and desires for him/her to stay alcohol free until age 21

### Establish Family Rules and Expectations

Establish a “no alcohol use” rule for your kids. Work with your children to establish a fair contract. Explain the consequences for breaking these rules and follow through if a rule is broken.

### The Harmful Effects:

Underage drinking is a major cause of death among young people. Alcohol use during adolescence interferes with brain development and has a lasting impact on their memory and judgment. Kids who drink during their teen years are four times more likely to have alcohol dependence problems later in life, are at a greater risk of being a victim of physical or sexual assault, and are more likely to engage in other drug use and risky behaviors.

## Did you Know?

*Teens still care what their parents think. Express how concerned you are for their safety and the disappointment you would feel if they used alcohol or other drugs.*

### Use Your Words

Parents have the greatest influence on their children’s decision to begin drinking. Be specific, communicate the dangers, and emphasize your concern for their future. Compliment your teens on the things they do well and continue to stay involved.



Find out more about the dangers of alcohol, sample no-use contracts, and find other resources at [www.bnparents.org](http://www.bnparents.org)