

# 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

*According to the Illinois Youth Survey, alcohol use by Bloomington-Normal 10<sup>th</sup> and 12<sup>th</sup> graders occurs at the following rates:*

- 63% have consumed alcohol in the past year 
- 41% report drinking alcohol in the last 30 days 
- 25% report binge drinking in the past 2 weeks 
- 35% report that they would never be caught by their parents if they drank. 
- Over 70% of Bloomington-Normal high school students report it would be easy to get alcohol 

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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.**