

# The Picture of Underage Drinking



Information for parents,  
caregivers and other adults  
who care about kids

# Objectives

- Raise awareness about underage drinking
- Provide basic tips and tools for you to keep kids you care about alcohol free
- Provide links to other resources for more information

# Basic Illusions

- Drinking is a rite of passage (“They’re going to do it! They’re teenagers!”)
- Alcohol is less dangerous than illicit drugs
- Peers and media influence my kid’s choices more than I do
- I can’t do much to keep my kids in my life from drinking

# Basic Truths

- Many kids grow up without consuming alcohol
- How people learn is how people remember
- Alcohol causes significant problems for kids
- Parents and caregivers are a huge influence on kids' choices
- Parents and caregivers can do many things to keep kids alcohol free

# The Picture: Why Should We Care

- Health (physical and mental)
- Impairment and safety
- Sexual activity
- Academic success
- Emotional and social learning
- Crime

# The Picture: What are they Drinking?

- Alcopops
- Beer
- Alcohol energy drinks

# The Picture: Who is Drinking?

- Initiation
- Frequency
- Gender differences
- Race/ethnicity differences

# **The Picture: When and Where are they Drinking?**

- Home
- After school
- Parties - supervised and not
- Summer

# **The Picture: Where are they Getting it?**

- Peers
- Siblings
- Coworkers
- Adults, including parents and other caregivers
- Non-compliant establishments

# Things You Can Do

- Establish family rules – openly!
- Role model – consistently!
- Talk to kids – regularly!
- Monitor friends and activities – diligently!
- Confront – appropriately!
- Increase your knowledge – easily!

# Things Workplaces Can Do!

- Paycheck stuffers
- Posters and event/program fliers
- Brown bag lunches (with presenters)
- Employee assistance (family inclusive)
- Family health fairs (alcohol/drug inclusive)
- Partner with local programs/initiatives
- Start/maintain a drug-free workplace program!

# Resources

- Employee assistance
- [www.theantidrug.com](http://www.theantidrug.com)
- [www.timetotalk.org](http://www.timetotalk.org)
- [www.toosmarttostart.samhsa.gov](http://www.toosmarttostart.samhsa.gov)
- [www.drugfreeactionalliance.org](http://www.drugfreeactionalliance.org)

# The Picture of Underage Drinking



Information for parents,  
caregivers and other adults  
who care about kids