

Our Own Use of Alcohol: The Role Adults Play



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

The Minimum Legal Drinking Age: Why 21?

- Injury and death risks
- Brain activity
- Alcohol dependence
- Underage drinking

Drinking Definitions

- What is a drink?
- Abstinence
- Moderate use
- Binge drinking
- Family history

Adult Drinking in the U.S

- 35% of adults to not drink at all
- 80% of drinkers consume just 19.6 percent of alcohol
- 20% of drinkers consume 80.4%!
- 5% of drinkers consume 48%!

Reasons Kids “Say No”

- Parental disappointment/
disapproval
- Fear of repercussions
- Personal value system
- Role models
- Health
- Impairment

Unintended Messages

- Over-consumption
- Drinking as a stress reliever
- Alcohol and social events
- Drinking and driving
- Drinking and work

Healthier Messages

- Low-risk/moderate choices
- Healthy stress relief
- Social events and family traditions
- Prioritizing safety

Where Do We Go From Here?

- Self-examination
- Adjust our behaviors, if necessary
- Critical look at other adults in our child's life
- Set and communicate rules
- Engage in family dialogue

...and More

- Alcohol-related merchandise
- Entertainment
- Familiarity
- Reinforcement
- Seek help, if needed

Resources

- Employee assistance
- www.theantidrug.com
- www.timetotalk.org
- www.toosmarttostart.samhsa.gov
- www.drugfreeactionalliance.org

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