

# Conversations About Alcohol: Communicating with Kids



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

# Why Communicating Is Important

- Reduces use
- Teaches social and problem-solving skills
- Improves relationships

# Communication Basics: Listening

- Focus
- Maintain eye contact
- Use non-verbal communication
- Affirm

# Communication Basics: Speaking

- Listen first!
- Use “I” statements
- Say it again
- Ask questions

# Opportunities

- Make it a habit
- Teachable moments
- Hallmarks
- Times of change

# Messages

- Clear
- Consistent
- Repetitive
- Age appropriate

# Messages (continued)

- Praise
- Anti-underage drinking
- Expectations and consequences
- Open to questions



# Scares and Stigma

- Skip scare tactics
- Avoid demonizing alcohol
- Shun stigma

# Personal and Family Use

- Honesty
- Adult rules and youth rules
- Match behavior with message
- Others' drinking

# If They Use...

- Safety first
- Confront when sober
- Stay calm and factual
- Realistic consequences
- Resources
- Next phase

# Where Do We Go From Here?

- Talk with other adults
- Compliment daily
- Create or revisit rules
- Plan regular conversation
- Watch for teachable moments
- Check out resources

# 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)

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