

Underage Drinking Prevention

Be Aware of Factors That May Increase the Risk of a Child's Alcohol Use

- Significant social transitions such as graduating to middle or high school or getting a driver's license.
- A history of social and emotional problems.
- Depression, anxiety or other serious emotional problems.
- A family history of alcoholism.
- Contact with peers involved in troubling activities and behaviors.

Be A Positive Adult Role Model

- Stay away from alcohol in high-risk situations. For example, do not operate a vehicle after drinking alcohol.
- Get help if you think you have an alcohol related problem.
- Do not give alcohol to your children.
- Communicate to your children that any alcohol in the home is off limits to them and their friends.

Support Your Children and Give Them Space to Grow

- Be involved in your children's lives.
- Encourage your children's growing independence, but set appropriate limits.
- Find ways for your children to be involved in family life, such as caring for younger siblings and household chores.
- Make it easy for your children to share information about their lives.
- Know where your children are, and what they are doing and who they are with.
- Know your children's friends and know their parents.
- Set clear rules, including rules about alcohol use and share those rules.
- Do not allow your children to attend parties at which alcohol is served, and do not allow alcohol at parties in your own home.
- Help your children avoid dangerous situations such as riding in a car driven by someone that has been drinking alcohol.
- Help your children get professional help if you are worried about their involvement with alcohol.

All information on this page comes from the Centers for Disease Control and Prevention (CDC), and the Substance Abuse and Mental Health Services Administration (SAMHSA).