

**Parents
are the
#1
influence
in a
child's
decision
not to
drink.**

What YOU Can Do To Prevent Underage Drinking

- Eat dinner together regularly.
- Be caring and supportive.
- Maintain open lines of communication.
- Set no-drinking rules and consequences. Be consistent with them.
- Surround your child with positive role models.
- Teens need parents to be parents, not drinking partners.
- Keep track of the alcohol in your home. Count it and lock it up.
- Check in with your teens about their plans and ask about alcohol.
- Be up and ready at curfew; talk with your teens about their night.
- Learn the signs and symptoms of alcohol abuse. If problems occur, get help promptly.

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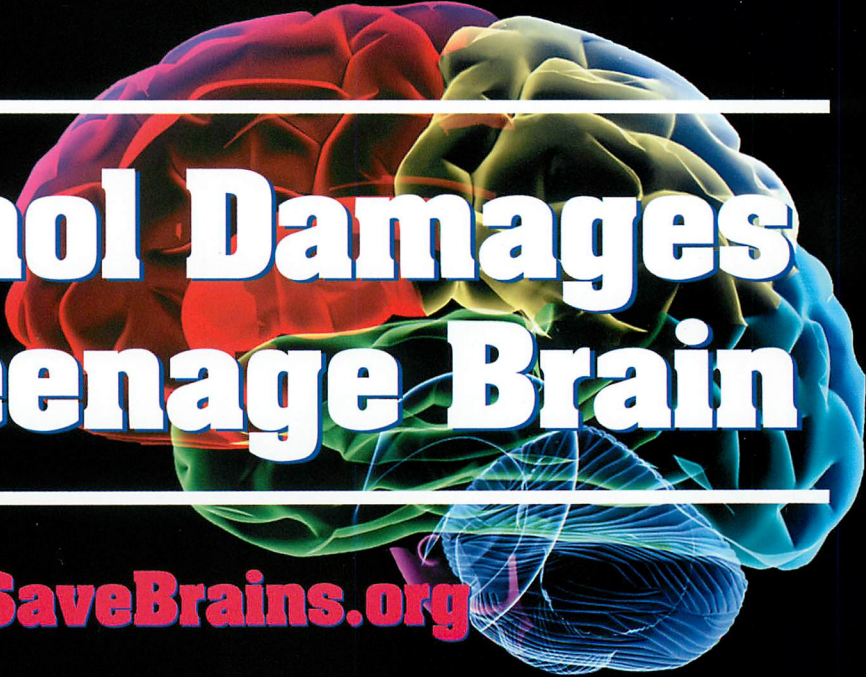
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Alcohol Damages the Teenage Brain

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