

Research shows that parents are the number one reason young people decide not to drink. Start talking to your children about alcohol as early as nine years old.



### ***Dangers of Underage Drinking***

- In children and adolescents, alcohol can interfere with normal brain development. <sup>(1)</sup>
- Youth who drink underage are more likely to experience social problems such as fighting or lack of participation in youth activities.<sup>(2)</sup>
- Youth who start drinking before age 15 are four times more likely to develop alcohol dependence or abuse later in life compared to those who begin drinking at or after 21 years.<sup>(3)</sup>
- Consuming underage is against the law and can have legal ramifications

1. National Institute on Alcohol Abuse and Alcoholism, 2017  
2. CDC, 2015  
3. Substance Abuse and Mental Health Services Administration, 2015

### ***Protective Factors against Underage Drinking and Substance Misuse***

A protective factor is a characteristic that is associated with a lower likelihood of substance misuse.

If an individual participates in social activities and has strong parental support and bonding they are less likely to misuse substances.

We can work together to protect our youth!

- **Participate in social activities within school and the community**  
Volition Franklin supports community activities and events and also hosts community events throughout the year. Join us for our free outdoor movie night this Summer!
- **Parental support and bonding:** We provide tips and tools to communicate as a family. We also provide information on our Facebook page, Volition Franklin, and our website: [www.volitionfranklin.org](http://www.volitionfranklin.org)





## ***Where do I begin?***

- 1. “Show you disapprove of underage drinking.**  
Over 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink. They really are listening and it is important to send a clear and strong message.
- 2. Show you care about your child’s happiness and well-being.**  
Young people are more likely to listen when they know you’re on their side. Try to reinforce why you don’t want your child to drink– not just because you say so, but because you want your child to be happy and safe. The conversation will go a lot better if you’re working with, and not against, your child.
- 3. Show you’re a good source of information about alcohol.**  
You want your child to be making informed decisions about drinking, with reliable information about its dangers. You don’t want your child to be learning about alcohol from friends, the internet, or the media– you want to establish yourself as a trustworthy source of information.
- 4. Show you’re paying attention and you’ll notice if your child drinks.**  
You want to show you’re keeping an eye on your child, because young people are more likely to drink if they think no one will notice. There are subtle ways to do this without prying.
- 5. Build your child’s skills and strategies for avoiding underage drinking.**  
Even if your child doesn’t want to drink, peer pressure is a powerful thing. It could be tempting to drink just to avoid looking uncool. To prepare your child to resist peer pressure, you’ll need to build skills and practice them.”

SAMHSA. (2017). 5 Conversation Goals. Retrieved from <https://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals>

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