

SEVEN TIPS FOR CONNECTING WITH YOUR TEEN

1 COMMUNICATE BEFORE A PROBLEM STARTS

- Have important discussions now, before there's blaming, anger, or punishments.
- Agree on a time to start talking together about the dangers of alcohol.

2 DISCUSS RULES AND CONSEQUENCES

- Explain how you expect your son or daughter to act, and why.
- Tell your teen plainly that you don't want him or her drinking.
- Agree on consequences of broken rules.

3 SHOW YOU CARE

- Gently touch your teen on the arm or back to show affection.
- Tell your teen you love them and want them to be healthy and safe. Explain that's why you need to talk together about the dangers of underage drinking.

4 PAY ATTENTION

- Even when life gets hectic, take time out to listen to your teen.
- Monitor where your teen is and what your teen is doing, constantly.

5 SHARE FAMILY ACTIVITIES

- Have dinner together at least three times a week.

6 GIVE AND GET RESPECT

- When your teen talks to you, listen and reply respectfully.
- Insist that your teen treat you with respect, too.

7 ENFORCE CONSEQUENCES CONSISTENTLY

- If your teen breaks the rules, stay calm and enforce the consequences.

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CONVERSATION STARTERS FOR TALKING WITH YOUR TEEN

1 CONNECT

- "Let's eat dinner together tonight."
"How about helping me wash the car? It will be fun doing it together."
"What's bothering you? Did something happen at school today?"

2 EDUCATE

- "Alcohol is especially dangerous for young people, and here's why..."
"I love you and want you to be safe, so you need to wait until you're 21 to drink."

3 BE A ROLE MODEL

- "No thanks. I'll drink tea with my dinner, I am driving."

4 ENCOURAGE

- "I see you put a lot of effort into this!"
"Thanks for putting away the groceries!"
"You brought the car home early. Good job!"

5 MONITOR

- "What are your plans for Saturday night?"
"Who will you be with?"
"How can I reach your friend's parents?"

6 ENFORCE

- "By missing curfew, you lost car privileges this week."

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