



*The Art of Parenting is to Teach
the Art of Living to Children.*

Research shows that youth who begin drinking before age 15 are four times more likely to become alcohol dependent compared with those who wait until age 21

It's Not Pestering...It's Parenting

Conflict sometimes comes with the job of parenting, especially when you talk about touchy subjects such as drug or alcohol use:

- Know what your children are doing and how they spend their time.
- Be involved in your kids' lives.
- Praise and reward good behavior.
- Set limits with clear rules and consequences for breaking them.

Parents who Host; **Lose the Most**

Allowing kids to drink at your or someone else's house gives them permission to drink anywhere and anytime.

Studies show that **children whose parents host teen parties where alcohol is served drink twice as much** as kids whose parents have a no-tolerance policy.

Remember, kids often drink to get drunk, and that's dangerous even if they don't get behind the wheel of a car.



NOT IN MY HOUSE

*Sixty-five Percent of Kids
Who Drink Alcohol
Say they Get it from
Their own Home*

Parents: You are the Greatest Influence in your Children's Lives

HELPING PARENTS REDUCE YOUTH ALCOHOL USE



Parents are the Key To Preventing Youth Alcohol Use



Remember that you are the greatest influence in your children's lives. Talk with them about not drinking alcohol, and make it a recurring conversation. The more you connect with them, the less likely they will be to give in to peer pressure.

Don't think that "It's not my child." Every parent should assume their child is as susceptible to drinking as other children.

Nearly 40 percent of Kentucky twelfth graders said they have drunk alcohol one or more times in the past thirty days according to the Kentucky Incentives for Prevention (KIP) Survey administered in 2006.

Don't think "It doesn't happen in my house." Sixty-five percent of kids who drink get their alcohol from family and friends — usually from their own house.

Be a positive role model! If you enjoy an occasional alcoholic beverage talk with your kids about responsible drinking by adults. Let them see you decline alcohol from time to time as well, and explain why you abstain.

PARENTS: THE ANTI-DRUG.

There are opportunities every day to turn ordinary times, like driving your child to practice or doing household chores together, into teachable moments that let your child know what's important to you.

As your kids move from elementary school through middle school and on to high school, it's important to keep talking to them about the harm that drugs, tobacco and underage drinking can do to their young lives.

FAST FACTS:

The majority of adolescents who start drinking do so when they are 13-14 years old.

In 2008, there were 3,067 DUI arrests for teen drivers ages 16-19 in Kentucky.

Alcohol impairs reaction time and mental acuity for up to ten days after consumption. These side effects cause severe consequences to athletes by reducing performance and increasing the risk of injury.

FOR MORE INFORMATION:

Kentucky Underage Drinking Prevention Program
Kentucky State Police
Sherry Bray, State Coordinator
(502) 695-6300



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