

SEVEN TIPS FOR GETTING THROUGH TO 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.

**POWER OF
PARENTS**

It's your influence.

by **MADD**

NATIONAL PRESENTING SPONSOR



Nationwide®
On Your Side

CONTRIBUTING SPONSOR

VOLKSWAGEN

GROUP OF AMERICA

SUPPORTED BY



everychild.onevoice.®

REFERENCES

1. Bonnie, Richard J. and O'Connell, Mary Ellen (Editors) "Reducing Underage Drinking: A Collective Responsibility, Committee on Developing a Strategy to Reduce and Prevent Underage Drinking," Board on Children, Youth, and Families, National Research Council (2004) <http://www.nap.edu/catalog/10729.html>
2. DiClemente, Ralph J. et al. "Parental Monitoring: Association With Adolescents' Risk Behaviors" *Pediatrics* 107: 6 June 2001, 1363-1368 <http://pediatrics.aappublications.org/cgi/content/full/107/6/1363>
3. Foley, Kristie, et al. "Adults' Approval and Adolescents' Alcohol Use." *Journal of Adolescent Health*. 35, No. 4, (2004).
4. Hingson, Ralph W. and Zha, Wenxing. "Age of Drinking Onset, Alcohol Use Disorders, Frequent Heavy Drinking, and Unintentionally Injuring Oneself and Others After Drinking" *Pediatrics* Vol. 123 No. 6 June 2009, pp. 1477-1484 (Published online May 26, 2009) <http://pediatrics.aappublications.org/cgi/content/abstract/123/6/1477>
5. National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism, "Research Findings on Underage Drinking and the Minimum Legal Drinking Age" <http://www.niaaa.nih.gov/AboutNIAAA/NIAAASponsoredPrograms/drinkingage.htm>
6. National Youth Anti-Drug Media Campaign. White House Office of National Drug Control Policy (ONDCP), <http://www.theantidrug.com>
7. Prevention Research Center, The Pennsylvania State University. (2005) *Parents as a Resource: Talking with Adolescents About Alcohol*.
8. Resnick, Michael D, et al. "Protecting Adolescents From Harm: Findings From the National Longitudinal Study on Adolescent Health," *JAMA*, September 10, 1997. Vol 278, No. 10. <http://jama.ama-assn.org/cgi/content/abstract/278/10/823>
9. U.S. Department of Health and Human Services, The Surgeon General's Call to Action to Prevent and Reduce Underage Drinking 2007. <http://www.surgeongeneral.gov/topics/underagedrinking/calltoaction.pdf>
10. U.S. Department of Health and Human Services, National Institutes of Health, and National Institute on Alcohol Abuse and Alcoholism. "Make a Difference: Talk to Your Child About Alcohol." http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/MakeADiff.pdf