



KEEP SHOWING UP.

They're still growing up.



Make the Small Moments Matter

Finding Time to Discuss the Risks of Underage Drinking

Spending quality time with teens may feel like a hurdle at times. Chances are they or you may have a busy schedule. Even if this is the case in your household, you can still make the most of the brief interactions you have with your teen and encourage safe decision-making.

Discussing the risks of underage drinking does not have to be a long conversation. Having brief and frequent chats about the risks and your expectations is often more effective.

Finding the Right Moments

When discussing the risks and rules around underage drinking, try to keep it casual. Find those natural moments when you and your teen are together, and you have their attention.

Here are possible occasions:

- At the beginning or end of the day, there's something special about the chance to be the first or last person your teen talks to.
- When you are in the car or sitting next to your teen on the bus, you can use your commute to catch up and chat about not drinking.
- Whether family mealtime is mandatory or not, try to schedule time to eat with your teen and have a meaningful conversation.

Making the Most of the Moment

If you do manage to have uninterrupted time with your teen, take advantage of every minute.

Be straightforward, open, and honest with your teen. Share underage drinking risks that are grounded in research.