



How to Talk About Alcohol Use

A Discussion Guide for Parents

When parents talk with kids about substance use, it helps prevent problems before they arise and address any problems that may pop up. If you find these conversations difficult to have, you're not alone.

It's important to know more than just the facts. You also have to know what to say, when to say it, and how to approach the talk with the right mindset.

This is especially true if you want to talk with youth about alcohol use.



Talk Early. Talk Often.

The purpose of this guide is to help you start conversations about the risks of underage alcohol use. It offers specific talking points about health risks, how to respond to peer pressure, and more. These talking points are useful for elementary school kids all the way through college-age young adults.



Here's the good news – young people are open to having these conversations with you! They want to know that you care about their health and that you don't approve of risky actions. Keep in mind that it's important to have talks even with younger kids.

Percentage of young people who drink in:

8th grade - 15%

10th grade - 31%

12th grade - 46%

14.6% of youth ages 12-20 consumed alcohol in the past month

In other words, it's never too early to start talking with kids about alcohol use. And it's important to have frequent check-ins with kids and youth of all ages.

**This guide is a useful tool to help you
start and lead these conversations.**



Signs That Your Kids May Be Drinking Alcohol

Like many other substances, it can be tough to know for sure if kids are using alcohol. Some of the signs could simply be typical teen behavior, for example. And that's the best-case scenario, of course. Yet you know your family and kids best, so be aware of these common signs and symptoms of alcohol use in young people.

- ❗ Alcohol missing from your home
- ❗ Apathy and loss of interest in school, sports, or other activities
- ❗ Behavior and discipline issues at school
- ❗ Depression or other mental health concerns
- ❗ Missed school or poor grades
- ❗ Physical changes like bloodshot eyes, slurred speech, or memory lapses
- ❗ Presence of alcohol in their backpack, car, room, or clothes
- ❗ Secrecy or not wanting you to know their friends
- ❗ Sudden changes in mood or attitude
- ❗ Withdrawal from family and friends

The resources listed below offer good background and data on alcohol use, along with action steps that you can take. It's a good idea to review these tools as you prepare to talk about alcohol with kids, teens, or young adults.

- ✚ [Centers for Disease Control and Prevention](#)
- ✚ [Office of the U.S. Surgeon General](#)
- ✚ [Partnership to End Addiction](#)
- ✚ [The Governor's Prevention Partnership](#)
- ✚ [National Institute on Alcohol Abuse and Alcoholism](#)
- ✚ [Rethinking Drinking](#)
- ✚ [Substance Abuse and Mental Health Services Administration](#)

Protective and Risk Factors



Protective Factors

We don't have to wonder how to keep young people safe from the harms of alcohol use. There is clear data on what can help. It shows that these factors apply across gender, race and ethnicity, and income.

- ✓ **Clear boundaries** from families, schools, and communities that include clear rules and expectations around alcohol
- ✓ **Opportunities to learn and develop** skills, feelings, thinking, and actions that help them achieve goals and have a sense of purpose
- ✓ **Positive social involvement** with supportive adults, responsible friends, and opportunities to be meaningfully involved within their families, schools, and/or communities
- ✓ **Proactive parents and trusted adults** who have frequent and open conversations about alcohol, create clear rules and boundaries, and disapprove of all substance use
- ✓ **Recognition of positive behavior** by parents, schools, and communities so they feel valued by and valuable to the people around them
- ✓ **Resiliency** that helps them adapt to change and stress in healthy and flexible ways, stand strong in the face of challenges, and make healthy choices around substance use



Protective and Risk Factors



Risk Factors

These may make it more likely for a young person to use alcohol. It's ideal to reduce the number of risk factors that young people are exposed to.

- ❗ Cultures, communities, and/or families that are accepting of alcohol use
- ❗ Early use of alcohol and/or other substances
- ❗ Family history of alcohol use or substance use disorder(s)
- ❗ Friends and peers who use alcohol and/or other substances
- ❗ Easy access to alcohol and other substances
- ❗ Home environments where alcohol use, substance use, and risky behavior is accepted
- ❗ Home environments that lack clear rules around alcohol use and substance use
- ❗ Lack of understanding about how alcohol affects young people
- ❗ Mental health concerns
- ❗ Peer pressure
- ❗ Stress related to school, sports, relationships, and more
- ❗ Transitions like changing schools, divorce, moving, relationship breakup

⊗ MYTH

If I allow my kids to drink small amounts at home, it teaches them to drink responsibly.

✓ FACT

Data clearly shows that when young people feel they have parental approval to drink, they tend to drink more often and in larger amounts.

These are good sources for more guidance on protective and risk factors.

- 🔗 [The Surgeon General's Report on Alcohol, Drugs, and Health](#)
- 🔗 [Talk It Out](#)

How to Talk with a Positive Mindset



Avoid confrontation and judgment.

It's important to keep the tone of the conversation calm, open, and rational. When you do this, young people are far more likely to listen and be honest with you. The “talk” should feel more like a conversation than a lecture. Make it clear that you care about their well-being and that's the main reason for the talk.

Let young people know they are heard.

Be patient and ready to listen. In fact, push yourself to do more listening than talking. Ask open-ended questions to encourage dialogue rather than just yes or no answers. Use active listening and echo back what you hear. Nod and use affirming words like *“I understand”* or *“That sounds important.”* This shows that you're right there with them and reinforces that you value their feelings.



Steer clear of words that cause stigma or shame.

The words you use impact how kids feel. Avoid any words or language that imply moral failure or bad choices around substance use. If you use language that causes stigma or shame that causes stigma or shame, it may prevent honest feedback from kids of all ages. Plus, research shows that stigma can be a barrier to a person seeking treatment if they need it.

How to Talk with a Positive Mindset



Focus on the need for guidance.

Just like other substance use issues, people who use alcohol need help or treatment. Research shows that substance use is a chronic disease. And for youth, alcohol use can pose many short- and long-term health risks. So approach these talks by focusing on facts, respect, and honest dialogue.

- ☑ Show genuine interest and concern. Help them find the skills they need to make the right choices about alcohol.
- ☑ Young people who don't know what to say when someone offers them alcohol are more likely to give in to peer pressure. Help them prepare by role-playing scenarios that they may face.
- ☑ Mention any family history of alcohol use or substance use disorders. Data clearly shows that this can put young people at a much higher risk for similar issues.

Power through any rough spots.

Even in the best of talks, kids can still get defensive or flustered. This is especially true around topics like peer pressure, rules, and expectations. Expect objections and maybe an eye roll at times. Yet remember to keep the discussion calm. Give them chances to speak and ask questions. Remember that it's fine for these discussions to happen in different parts over time.

Here are other helpful resources that may help you prepare to talk with kids, teens, and young adults.

🔗 [Child Mind Institute](#)

🔗 [KidsHealth from Nemours](#)

🔗 [National Institute on Drug Abuse](#)

🔗 [Partnership to End Addiction](#)

🔗 [Psychology Today](#)

🔗 [Recovery Research Institute](#)

🔗 [Today's Parent](#)

🔗 [Vox](#)

How to Start the Talk



You know your kids and your family best. So think about which of these approaches may be ideal to engage young people in a talk about alcohol.

Plan ahead and give notice.

Some young people may prefer time to prepare for this kind of talk. If you think that makes sense, then you can mention ahead of time that you plan to talk with them about substance use. When you do this, it can avoid making it feel like an ambush. This means that kids, teens, and college-age young adults are less likely to feel defensive. It lays the groundwork for a calm and honest discussion.

Look for day-to-day context.

At times, real-life situations are often a great way to open the door for talks about alcohol. Some young people may respond to a more relaxed approach like this. Here are a few examples that can lead to the right context.

- ✓ Drive by a store that sells alcohol
- ✓ Hear about a friend or family member who drinks
- ✓ Notice an alcohol-related ad, video, or news article
- ✓ Find alcohol containers or packaging in someone's room or car
- ✓ See someone drink alcohol in a public setting, such as out at dinner or in the park



Conversation Guide



This section lists open-ended questions for trusted adults to ask young people during the talk on alcohol use. It also includes a series of suggested talking points that adults can use for each question. They are based on facts and science that we know today. Use the talking points in whole or in part during the discussion based on what you think fits best for your kids and family.

Why do you think kids choose to drink alcohol?

Some young people may drink because their friends do. Friends can also apply peer pressure to make you think that everyone your age drinks. But just so you know, it's not true. Fewer young people consume alcohol than ever before. In fact, 7 out of every 10 kids in 10th grade never consume alcohol, and even for 12th graders more than half never drink.

Drinking may seem like an easy way to reduce the stress of stuff like school, studying, sports, chores, and more. Yet you have to think about the other side of it too.

- ⚠ Drinking can cause you to make poor choices.
- ⚠ It can affect your health in bad ways.
- ⚠ It can have legal consequences.
- ⚠ And it can prevent you from learning actual healthy ways to cope with stress.

Many young people follow the examples set by trusted adults. For example, if kids see adults drink alcohol, they may think that it's safe for them too. In some cases, adults may allow young people to drink at home. But let's be clear, this is not okay in our home. Adults can face arrest and fines when young people use alcohol in their home. That's why we have clear rules..

- ⚠ It's never okay to drink if you're under 21.
- ⚠ Nobody should ever drink and drive OR ride in a car with a driver who has been drinking.



Why do you think kids choose to drink alcohol? (continued)

Some cultures, communities, or families may be more accepting of alcohol use. These cultural norms may make young people feel more pressure to drink and take more risks. Or they may see alcohol as a way to connect with others, which may cause them to drink more often.

At times, the stressors that often go along with gender identity can be a reason that young people use alcohol. Nearly half of LGBTQ youth under age 21 consume alcohol. They often face mental health concerns, isolation, discrimination, food insecurity, and other more. Alcohol may seem like a way for them to cope with these stressors.

Talking Points on Family History of Alcohol Use or Substance Use Disorder



Just so you know, our family does have some issues with excessive alcohol use (or substance use disorders) in our history. This can put you at a higher risk for similar issues.



I'm telling you this so you are aware of all the facts. It is important to think about the higher risk you can face if you consume alcohol.



Any time you have questions about this, just let me know. It's okay for us to discuss these tough topics openly and without judgment.



What do you know about alcohol? Do you think alcohol is safe for young people?

Just so you know, for people of all ages there is no amount of alcohol that is safe. Repeated consumption of alcohol can lead to health-related issues. Even small amounts can impact your health.

Young people are more vulnerable than adults to the negative effects of alcohol. It can impact the way that your brain develops. That's why the age limit of 21 keeps young people safer. That age limit is based on research that shows young people react differently to alcohol. Teens get drunk much faster than adults and have more trouble knowing when to stop. When you drink even small amounts, it can cloud your judgment and impact your decision-making skills.

Young people often don't realize how much alcohol a single drink may contain. A drink that someone makes at a party or even some alcoholic beverages from stores may contain far more alcohol than a standard drink would have. This is a good reason why it's best to wait until you are age 21.

When we discuss substance use problems early it can prevent issues in the future. I'm here to talk any time you have questions.



Do you know all the ways that alcohol can affect your mind, body, and health?

Alcohol use can have many affects on your health and well-being. This is true in both the short term and over time.



Digestive System

- ❗ Alcohol can inflame your stomach lining, which may cause nausea or vomiting. It also raises stomach acid, which can lead to acid reflux or heartburn.
- ❗ Heavy alcohol use over time can damage your liver and pancreas. That can cause severe conditions like fatty liver disease, cirrhosis, and pancreatitis. All of these are dangerous and even life-threatening.



Immune System

- ❗ Over time, too much alcohol can weaken your immune system. That makes it easier to get sick. Drinking too much at once can make it harder for your body to fight off infections even up to 24 hours later.
- ❗ Over time, people who drink too much are more likely to contract diseases like pneumonia and tuberculosis compared to people who don't drink too much.



Do you know all the ways that alcohol can affect your mind, body, and health? (continued)



Cancer

- ❗ There are clear, established links between alcohol use and cancer. The risks for some cancers increase with any amount of alcohol use.
- ❗ The types of cancers linked to alcohol use include:
 - ⋮ Breast cancer
 - ⋮ Colorectal cancer
 - ⋮ Esophageal cancer
 - ⋮ Head, neck and throat cancer
 - ⋮ Liver cancer



Brain

- ❗ When young people misuse alcohol, it can change how your brain develops. Right now your brain is in the middle of a major growth phase. Alcohol can interfere with this process. That may lead to long-lasting changes in brain structure and function. It can even make you more likely to have a substance use disorder in the future.
- ❗ Alcohol slows down your brain, which affects your thinking, judgment, and coordination. This can lead to bad decisions, slower reflexes, and problems with balance.
- ❗ Over time, regular and excessive drinking can cause brain damage. This includes issues with both learning and memory.



Do you know all the ways that alcohol can affect your mind, body, and health? (continued)



Mental Health

- ⓘ Alcohol use is connected to mental health concerns like depression and anxiety.
- ⓘ Alcohol use can enhance depressive emotions.
- ⓘ Individuals who have problems with alcohol use are more likely to self-harm and commit suicide.
- ⓘ Sleep problems are closely linked to depression. Alcohol use can have a negative impact on sleep, which in turn can increase symptoms of depression.
- ⓘ If you are on medication to treat depression, alcohol use makes it less effective and can increase side effects like drowsiness, which can be dangerous.



Heart

- ⓘ Alcohol use over time or drinking too much at once can damage the heart.
- ⓘ Drinking can cause high blood pressure and more serious conditions. This includes cardiomyopathy (stretching of heart muscle) and an irregular heartbeat (arrhythmia).
- ⓘ Alcohol use is linked to and increases the risk of heart attacks and strokes.



What are some things that you think might go wrong for people your age when they drink alcohol?

Alcohol use is a factor in the leading causes of death for young people. I'm not saying these things to scare you. I just want you to have the facts about the risks.

1,300+ people under age 21 die each year in drunk driving accidents. Alcohol use can limit your ability think about how your decisions can impact yourself and others.

Alcohol alters your thinking, coordination, and reflexes. So it can make you more likely to get injured or even die from falls, drowning, and other accidents.

Alcohol use can also lead to violence. This includes fights, sexual assaults, intimate partner violence, and homicides.



What are some things that you think might go wrong for people your age when they drink alcohol? (continued)

Alcohol poisoning is a risk when you drink too much at once. Your blood alcohol levels can be so high that it affects body functions like breathing and heart rate. It can be life threatening.

It's a huge danger to drink alcohol if you take prescription medications or use other substances. You can get very sick, damage parts of your body, and even cause an overdose.

Since drinking impairs your judgment, it makes you more likely to take risks. This includes choices like having unprotected sex. That can lead to sexually transmitted diseases or unplanned pregnancies.





If young people start to drink alcohol early, how do you think it can affect their futures?



Academic

- ⓘ Alcohol use can have a negative impact on school performance. High alcohol intake is linked to a higher risk of dropout and lower grades.
- ⓘ Alcohol use also causes lack of sleep, which is important to memory function. This can lead to missed classes, falling behind, poor grades, and more.



Alcohol Use Disorder

- ⓘ The earlier that young people start drinking, the higher their risk is to develop alcohol use disorder later in life.



Legal

- ⓘ Since drinking impairs your judgment, it can lead to dangerous behavior. The result can include legal consequences like fines, arrests, or community service. If you have a criminal record, it can affect education and career opportunities.



If young people start to drink alcohol early, how do you think it can affect their futures? (continued)



Social

- ⓘ Alcohol use can lead to conflicts with friends and family. This can be due to poor judgment, arguments, or irresponsible behavior. Loved ones may feel the need to distance themselves from that.
- ⓘ While using alcohol, young people may behave in embarrassing ways or post inappropriate content online. This can hurt your reputation, damage friendships, create legal problems, and more.



Sports

- ⓘ Alcohol lowers your endurance, hydration level, and reaction time. It also makes it harder to avoid and recover from muscle cramps and injuries.
- ⓘ Alcohol masks pain. This may lead you to delay getting treatment.
- ⓘ Water loss from drinking causes the loss of important minerals, like calcium, magnesium, and more.



Do you know what to say if a friend asks you to drink? What can you do if you ever feel pressured about alcohol?

Sometimes saying no to alcohol isn't easy. Especially if your friends are drinking. Here are some options for what you can say to get through these situations.

-  "I just don't want to."
-  "I'm not in the mood."
-  "I'm just not into that."
-  "My parents (or another trusted adult, like a grandparent, teacher, coach, etc.) won't let me go to a place if there's alcohol."
-  "My parents (or another trusted adult, like a grandparent, teacher, coach, etc.) would be very upset if they ever caught me drinking."
-  "I have to be up early tomorrow for a big game (or practice, test, event, etc.)."
-  "It's going to affect my performance in my game (or for a test, etc.), and I want to be at my best."

Always remember, I'm here for you. If you're ever in a situation that makes you uncomfortable, you can text or call me (or another trusted adult) for a ride, no questions asked.



Do you know what to do if someone has too much to drink?

It's very important to know that when you're with someone who's drunk, you don't know if their condition will worsen. Especially for a young person, it can be hard to know if they "had too much and need to stop before it gets worse" or they "had too much and need help right away."

How you help depends on the person's condition. When in doubt, it's best to err on the side of caution and call 911. If the person is in a mental health crisis and expresses feelings of self-harm, call the 988 Suicide and Crisis Lifeline.

Signs that someone's had too much to drink:

- ❗ Alcohol smell you can notice
- ❗ Can't perform normal tasks (can't walk a straight line, spills drinks, fumbles objects, etc.)
- ❗ Cold and/or clammy skin
- ❗ Foul language
- ❗ Inappropriate and out-of-character behavior
- ❗ More talkative or talks louder/softer than usual
- ❗ Nausea and/or vomiting
- ❗ Slurred speech
- ❗ Shortness of breath
- ❗ Text messages that have drastic misspellings or are overly emotional
- ❗ Unable to maintain balance or keep eye contact
- ❗ Unusual mood swings



Do you know what to do if someone has too much to drink? (continued)

When someone's had too much to drink, you should:

- ❗ Get them to a safe place.
- ❗ Discourage them from drinking anything else.
- ❗ Lie them on their side.
- ❗ Do not leave them alone.

When someone's had too much to drink, **DO NOT**:

- ❗ Let them drive, ride a bike, or operate anything.
- ❗ Give them food or drink if they're vomiting.
- ❗ Have them take a cold bath or shower -- it can lead to hypothermia.
- ❗ Make them "sober up" with exercise, caffeine, or drugs and other substances.
- ❗ Restrain them or force them to do anything.



Do you know what to do if someone has too much to drink? (continued)

Alcohol overdose (or alcohol poisoning) is a medical emergency. If you suspect this, **you should call 911 right away**. Signs of alcohol poisoning include:

- ❗ They're confused and have slow responses
- ❗ They have irregular or slow breathing and heart rate
- ❗ You can't wake them up even by shaking them or calling their name
- ❗ They're unable to walk
- ❗ They're vomiting, maybe even without waking up
- ❗ Their skin is bluish, clammy, and cold



Many people don't call 911 due to a fear of consequences. Yet all states except Wyoming and Kansas have laws on Good Samaritan Fatal Overdose Prevention. The purpose of these laws is to prioritize a person's safety in the event of an overdose. They grant limited protection from criminal liability to people who seek medical help. The laws in each state differ, so check this report to see the laws in your state.

[!\[\]\(830769b31eeeaca920791081939ff8ba_img.jpg\) Legislative Analysis and Public Policy Association](#)



These are good sources for more guidance on how to help someone who's had too much to drink.

[!\[\]\(6bb0e4f14c4133b37d2887cb37e67ddd_img.jpg\) Cleveland Clinic](#)

[!\[\]\(47734e4656765d20df4fdbd5b7aff048_img.jpg\) GoodRX](#)



Do you know what to do if you think a friend has a problem with alcohol use?

Encourage them to talk to their trusted adults or reach out for help if they're in crisis. It's important that they see a health care professional and get help.

If you're very concerned that they don't seek help, reach out to a trusted adult for more guidance. I'm happy to talk about this at any time and help you find answers.

It takes courage to talk to someone about their alcohol use. Keep in mind that they may not realize that there is an issue.

Here are some important steps to think about if you want to address this with a friend.

- ✓ **Talk at a good time and place.** Make sure you're both calm and you can focus on talking in private without distractions.
- ✓ **Stay positive and don't use judgemental language.** Let them know that alcohol use – and all substance use – is a health condition and not a personal failure.
- ✓ **Cite specific worries you have about their drinking.** For example, the effects it has on their health or your relationship.
- ✓ **Offer your support and be available when they need you.** You can even make a plan together.
- ✓ **Encourage positive activities.** Invite them to be part of things that don't involve alcohol, like exercise, hobbies, and family dinners.
- ✓ **Check in regularly.** A simple call or text can make a difference.



Do you have any concerns about your own alcohol use?

It's important that you're honest if you have concerns. I want to make sure that you're safe and get help if you need it.

You can text or call me at any time if you need help or have a concern. I care about you and I'm always here for you.

There are options to get help and treatments that are proven and safe. We can find the right one for you.

How can I best support you? If you want, we can take a look together at some options for help. I can support you however you need.



These are resources that any young person can reach out to for immediate help.

 [FindTreatment.gov](https://www.findtreatment.gov)

 [Teen Line](https://www.teenline.org)



These are good sources for more guidance on how to help someone who may have an alcohol use disorder.

 [Rethinking Drinking](https://www.rethinkingdrinking.net)

 [U.S. Department of Health and Human Services](https://www.hhs.gov)

 [WebMD](https://www.webmd.com)



Things to Keep in Mind

Prepare for any direct questions they may ask you.

Young people may ask direct questions about your own choices or experiences with alcohol. They may also ask questions to test your limits, push boundaries, and feel independent. It's a good idea to prepare for those questions. Let them know that as a trusted adult, you're willing to talk about alcohol at any time and answer any questions they have. Yet be clear, honest, and direct about your rules and expectations for young people and alcohol use.

You may hear questions like these.

- ② "Why do you drink?"
- ② "Do you ever get drunk?"
- ② "Did you drink when you were a kid?"
- ② "You drink alcohol so it must be safe, right?"
- ② "Can I try a sip of your drink to see what it's like?"
- ② "Can I invite friends over here to drink at home?"
- ② "If I only drink once in a while, why is that a big deal?"
- ② "Has anyone in our family ever had a problem with alcohol?"
- ② "If I get invited to a party that has alcohol, can I go if I don't drink?"
- ② "If I'm ever drunk, can I call you to come get me? Would I be in trouble?"
- ② "What do I do if my only ride home is with someone who had a drink?"
- ② "I know people who drink and they seem fine, so I should be okay too, right?"





Things to Keep in Mind

Give them options and ideas for alternative activities.

One way to reduce and prevent alcohol use is to engage young people in ways that align with their interests. There are plenty of options that are both healthy and accessible in many communities. Here are some activities that can help them stay away from negative influences like alcohol.



Academic

- ✓ Join a debate team, science club, book club, or other academic competitions



Creative/Arts/Music

- ✓ Take art classes/workshops on drawing, painting, graphic design, or photography
- ✓ Enter online or local art challenges
- ✓ Join performing arts studios for music, dance, or theater
- ✓ Take music lessons for an instrument
- ✓ Join a school band/choir or start your own



Environment/Outdoors

- ✓ Raise awareness for a cause, like climate change, local parks, hiking trails, and more
- ✓ Take up hiking, camping, climbing, or fishing



Sports

- ✓ Play on school teams, in recreational leagues, or just for fun
- ✓ Take up biking, running, weightlifting, or fitness classes



Technology

- ✓ Take classes on coding, programming, cybersecurity, and other areas of technology
- ✓ Learn to build a website or develop apps



Things to Keep in Mind

Help them find healthy ways to cope with stress and anxiety.

Stress is a normal response to changes and challenges. It's part of everyone's lives, including young people. When they don't have healthy coping strategies for stress, that's when it can lead them to make unhealthy choices. So make sure that you model healthy ways to cope with stress. Encourage them to use these strategies daily and talk about it often with them.

- ✓ Eating healthy foods
- ✓ Exercise
- ✓ Good sleep hygiene
- ✓ Journaling
- ✓ Meditation
- ✓ Mindfulness
- ✓ Online support groups
- ✓ Outdoor activities
- ✓ Reading
- ✓ Sports



How to End the Talk



Address any concerns or questions.

It's important to close the conversation on a positive note. Remain calm, open, and rational. Avoid judgment on any issues where kids do not agree. And offer ways to find more details and set the table for honest talks in the future. Yet always make sure that any rules and expectations are clear. Reinforce that alcohol use can have clear consequences. Data shows that these boundaries provide a sense of security and reduce risky behavior.

After our talk, are there any reasons that you think drinking still seems like a good idea?

You have to be careful with your health. If alcohol harms your mind or body, it can be hard to undo that damage.

Keep in mind that if alcohol causes you to perform poorly in sports or on a test, you may not get a second chance.

Do you understand the rules and expectations that we discussed?

If it would help, we can sit down and search for more details online. It's good to look at facts instead of relying on what other people say.

Let's agree to do a bit more research if we have any questions. Then we can talk again.

How to End the Talk



Have the talk again and again and again.

Keep in mind that this is not a one-time discussion. Kids, teens, and college-age young adults are exposed to new things on a regular basis. It's important to circle back to talk about alcohol at regular intervals. Use the same plan, mindset, and context covered at the beginning of this guide.

Did you give any more thought to what we discussed about alcohol?

I care about your health. So I want to check in and see if you feel any different about alcohol.

Let's review what we talked about before. Just to see if there's anything new we should look into a bit more.

Find help if needed.

If you find out that your kid, teen, or college-age young adult uses alcohol, remember that they need help most of all. Do not rush to anger or judgment. It's important to see if they may have an alcohol use disorder that needs treatment. The good news is that there are many fact-based resources that you can turn to for details.

[!\[\]\(73002692dd5e7a64e60946be3158e719_img.jpg\) National Institute on Alcohol Abuse and Alcoholism](#)

[!\[\]\(d5d7044e5caf6907399af2dced8d6ff8_img.jpg\) FindTreatment.gov](#)

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