

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.

**POWER of
PARENTS**

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