

KEEP SHOWING UP

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You helped your child learn how to be social. They may no longer need help picking friends, but they still need you for other things. Help your teen feel comfortable saying no to underage drinking.

You can encourage an alcohol-free life by creating a strong parent-child relationship

Ways to help build that relationship with your teenager

- **Keep open Communication** - Be open & honest, in order for your teenager to feel comfortable to be the same with you.
- **Show Up** – Set aside time to be present for your child's important moments, big or small, to show you are invested in their life.
- **Establish boundaries** – Set clear & realistic expectations for your child's behavior. Equally be consistent when enforcing those rules.
- **Celebrate the wins** – When your child succeeds, your encouragement helps promote their positive behavior. Recognize the accomplishments & progress in your teen's life.

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