

KEEP SHOWING UP

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You helped your child learn the importance of nutrition. They may be able to make healthy food choices on their own, but they still need your guidance.

Discuss the health and safety risks of drinking alcohol underage.

- **Alcohol impairs judgment** – Underage drinking can lead to poor decisions about engaging in risky behaviors that put one's self and others at risk.
- **Teen brains are more vulnerable to alcohol** – Research shows that the teen brain doesn't fully develop until 25. Alcohol can alter the development, potentially affecting brain structure and function.
- **Underage drinking increases the risk of alcohol problems later in life** – Research shows that people who start drinking before the age of 15 are four times more likely to meet the criteria for alcohol dependence at some point in their lives.
- **Try having short and frequent talks about the specific dangers of alcohol.**