

Need more help?

- SAMHSA Keeping Youth Mentally Healthy and Drug Free:
<http://family.samhsa.gov/>
- Parents: The Anti-Drug <http://www.theantidrug.com/>
- Partnership for a Drug-Free America: Parent Resources
<http://www.drugfree.org/Parent>
- Stop Underage Drinking: Portal of Federal Resources
www.stopalcoholabuse.gov



Meme Wang
Substance Abuse Prevention Program
Asian Health Coalition of Illinois
4753 North Broadway
Suite 614
Chicago, IL 60640

Phone: 773-878-0035
E-mail: meme@asianhealth.org

*Funding provided by the Illinois
Department of Human Services (IDHS)*



Preventing Teen Alcohol Use: Parents and Families Do Make a Difference!



▶ Preventing Alcohol Use is Important!

Kids are under a lot of pressure from friends and the media to drink. Preventing early alcohol use is an important way to ensure healthy and happy kids! Early alcohol use can lead to:



- **Health Risks:** Kids who start drinking early are at higher risk for cancer, injury, suicide and substance abuse later in life.
- **Trouble in School:** Students who drink regularly have trouble with memory and learning. They have lower grades, higher rates of dropping out, discipline problems in school, and they skip school more often.
- **Violence:** Kids who drink are more likely to get into fights, and to be hurt by violence than kids who don't drink. Also, kids who drink are more likely to hurt themselves.

Parents are Powerful

A good, strong relationship with parents is one of the most important ways to prevent alcohol use in young people. It may not seem like it, but your kids are listening to what you say! Evidence shows that children whose parents discuss alcohol use with them have lower rates of alcohol use.



What can you do?

Preventing drug and alcohol use is important, but it doesn't have to be hard! Here are some simple tips for providing your kids with the support and skills they need:

- **Set clear rules:** Research shows that kids whose parents have clear expectations about drug and alcohol use are less likely to use. Communicate your rules clearly and often!
- **Resolve conflict calmly:** You are your kids' most important teacher and one of the best things you can teach them is how to calmly manage anger and conflict. If you feel yourself getting angry, take a break, get some air, and then return and try again.

- **Talk to your kids.** If you notice something is bothering your child, ask them about it! Teens who are happy at home and school are less likely to use alcohol. Being a teenager is hard.



Help them find ways to resolve their problems and

stay happy and healthy.

- **Show affection:** Let your kids know that you love them.

Praise them for the good things they do.



Encourage their strengths.

Give lots of hugs!



Meme Wang
Substance Abuse Prevention
Program
Asian Health Coalition of Illinois
4753 North Broadway
Suite 614
Chicago, IL 60640

Phone: 773-878-0035
E-mail: meme@asianhealth.org