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Developing Positive Youth Culture (DPYC) Coalition was awarded the Prevention in Connecticut Communities grant through the Department of Mental Health and Addiction Services (DMHAS).

Through this initiative, The Village for Families and Children and Ellington Youth Services are partnering to prevent underage alcohol use in Ellington by promoting positive connections and decreasing risk that contribute to substance use.

Empowering Choices is an initiative of DPYC. We aim to empower youth to make safe and healthy choices to prevent underage drinking.

Resources & Additional Info

ctclearinghouse.org
portal.ct.gov/DMHAS
niaaa.nih.gov
drugfree.org

If you are worried about your teen with alcohol or substance misuse please reach out! We are here to help.

Let's Connect

Phone

860-870-3130

Website

youth.ellington-ct.gov

Email

kcondron@ellington-ct.gov
or
mschultz@thevillage.org



for parents & caregivers

empowering
CHOICES

underage drinking

Some parents may assume their teen knows how you feel about drinking, send a clear and strong message that you disapprove of underage drinking, and WHY.

Young people are more likely to listen when they know you're on their side.

You want your teen to make informed decisions about alcohol with reliable information about its dangers. *You don't want them to learn about alcohol from unreliable sources.* Establish yourself as a trustworthy source of information.

Young people are more likely to drink or use other drugs if they think no one will notice. Show that you're aware of what your teen is up to, BUT **do this in a genuine and non judgmental way**—you are more likely to have open conversations.

Even if you don't think your child wants to drink, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices.



in the past 30 days, 29% youth reported drinking alcohol and 14% reported binge drinking

CDC's 2019 Youth Risk Behavior Survey

binge drinking

Because alcohol is easy to obtain and socially acceptable, it is a very popular way of self-medicating for stress, anxiety, depression and underlying mental health issues. This then fuels binge drinking.

Binge drinking can be especially dangerous for teens because it impairs brain development which then hinders how we handle stress and the way we cope.

set a good example

Parents and guardians are important role models for their children.

If you do drink:

- **show what drinking responsibly looks like**
 - not binge drinking, having a designated driver, etc.
- **model healthy coping skills**
 - care for yourself
 - face mask or drink tea
 - engaging in a hobby
 - paint or wood working
 - exercise
 - walk, bike, hike, or yoga
 - focus on a task
 - clean or cook
 - practice mindfulness
 - meditate or focus on what you are grateful for
 - journal
 - write out how you are feeling

