



Five Things You Can Do to Raise Your Children Alcohol-Free

1. **Start.** It is never too late to prevent your children from trying alcohol. Build protective factors: provide opportunities for your children to contribute to the family. Recognizing their accomplishments plays an important role.
2. **Educate.** Inform yourself so you can explain simple facts about how alcohol can hurt them and destroy their dreams. When possible, talk to them about media messages.
3. **Care.** Spend at least a few minutes each day telling them that you care. Tell them that you care that they are alcohol-free. Reinforce healthy choices. Make sure they come to you first for help or information.
4. **Be aware.** 4:00 p.m. to 6:00 p.m. is the “danger zone”. The hours right after school are high risk times for alcohol use. Look for warning signs.
 - Drop in grades
 - Lack of interest in personal appearance
 - Withdrawal, isolation, depression, fatigue
 - Rebellious behavior, changes in eating/sleeping habits
 - Deteriorating relationships with family, change in friends, loss of interest in hobbies/interests
5. **Get involved.** Effective prevention extends beyond the home into the community. Ensure your streets, playgrounds, and schools are safe and drug/alcohol-free. Join a coalition, become active in the PTA.