



Timing is everything.

Have you ever been in a mood...and someone says something that just hits you the wrong way? We all have, if we're honest. Teens are no different.

When talking with your teen about sensitive subjects like avoiding underage alcohol use, it's vital to find a time when they are ready and willing to chat. Developing adolescents are known for shifting moods, which makes finding an appropriate time to talk with them challenging but necessary.

MAKE A PLAN. You can foster an environment conducive to discussing the risks of underage drinking with your teen. Think of something they find relaxing, like hanging out at a local coffee shop. Take them there and casually start the conversation after you've settled in with some Java.

WATCH FOR SIGNS. Learn your teen's interests, get to know their friends if possible, watch for warning signs of alcohol use, and monitor their social media use when appropriate. These observations can help you have the conversation with prior knowledge about your teen.

PREPARE YOURSELF. A good conversation with your teen does not depend only on them. Your attitude and approach are just as important. Have an open mind, brainstorm your main talking points, get a good night's sleep, and take some deep breaths.

SIGNS YOUR TEEN IS READY TO TALK ABOUT UNDERAGE ALCOHOL USE

- In a calm mood
- Positive nonverbal communication: pleasant expression, relaxed body
- Having a good day
- Well rested
- Well-nourished and hydrated

SIGNS YOUR TEEN IS NOT READY TO TALK ABOUT UNDERAGE ALCOHOL USE

- Seems upset or unsettled
- Sleep deprived
- Hungry and/or thirsty
- Just recieved bad news
- Negative nonverbal communication: anxious facial expressions, arms crossed, tense body position

Meaningful Moments