

# Attention parents and youth caregivers:

## Did U Know?

Early alcohol users are **5X** more likely to be alcohol dependent in their lifetime.

## Did U Know?

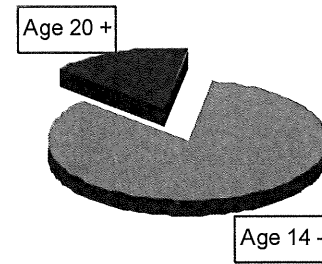
In the US, Alcohol **kills** more kids than ALL illicit drugs combined.

Source: Center for Science in the Public Interest on the National Academy of Sciences' Report to Congress on Underage Drinking.

## Did U Know?

Youth report their parents as having the **MOST** influence on their decision whether or not to drink alcohol.

The 2008 GfK Roper Youth Report indicates that "74% of American youth ages 8-17 identified their parents as the leading influence about underage drinking decisions".



Nearly one-half (47%) of persons who began drinking before age 14 were alcohol dependent at some point in their lifetime, compared to 9% of those who began drinking after age 20.

Source: National Epidemiologic Survey on Alcohol and Related Conditions (NESARC)

## Set Boundaries. Monitor Activities. Stay Connected.

### *Because we care about our kids...what adults can do:*

- Be aware that most teens drink at home(s). Make sure alcohol is not easily accessible in your home.
- Refuse to purchase alcohol for anyone under 21.
- Refuse to allow anyone under 21 to drink alcohol in your home or on your property.
- Be a strong role model. Drink responsibly and in moderation. Avoid using alcohol as a way to relax or cope with problems.
- Connect with other parents; call them to verify information about occasion, location, and supervision of tween and teen get-togethers.
- Be at home when your child has friends over. Check on them regularly, especially during sleepovers (a very common time for alcohol consumption).
- Stand firm! Alcohol is not an option until age 21!
- Create alcohol free opportunities and activities in your home for your family and friends.
- Share with your youth the consequences of alcohol abuse and dependence, as well as the risky behaviors that often begin with underage drinking.



This message was brought to you by the Kalamazoo County Substance Abuse Task Force. For more information about us check out our website at [www.kzootaskforce.com](http://www.kzootaskforce.com)

**Our Voice. Our Community. Our Opportunity.**