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## Tips for Parents/Caregivers Talking to Kids

- **Be clear, direct, and specific.** Let your child know exactly what is acceptable and unacceptable when it comes to alcohol. Be clear about expectations.
- **Take advantage of the media to discuss alcohol related issues.** Television, newspapers, movies, and magazines present opportunities for discussions.
- **Try not to lecture with messages of "don't drink."** Having a conversation instead sometimes works best.
- **Leave an opening for future discussion.** Just because you have one conversation about alcohol doesn't mean it should be the last conversation.
- **Make your child feel comfortable.** Your child will look for signs such as the tone of your voice, facial expressions and body language to react from.
- **Encourage your child to talk.** Use door-opening statements ("Tell me what is going on.") that invite a response.
- **Give your child a chance to talk.** Your child may need to think and process the discussion. Stop talking and let him/her absorb the conversation.
- **Listen to the complete message.** Listen to everything before forming a response. Sometimes young people have difficulty discussing sensitive issues such as alcohol.
- **Talk about personal, family, social, or religious values.** These might provide additional reasons for your child not to drink.
- **Talk with your teen about ways to handle peer pressure.** Teach your teen how to say "no" and to suggest doing something different (safe). To feel comfortable talking openly with you, your teen needs to know that you will not punish him or her for being honest.
- **Be a role model.** If you drink, do so responsibly. Never drink and drive and do not over consume alcoholic beverages.