How and When to Start Talking

“What parents may not realize is that children say that parental disapproval of under age drinking is the key reason they have chosen not to drink.”

-Charles Curie, U.S. Department of Health and Human Services

Parents tend to underestimate their influence on their child’s decision whether or not to drink. Recent research is telling us that this positive influence continues into their college years.

Talking to your kids about alcohol use needs to start early and happen often. Children as young as elementary school are being exposed to alcohol. Talk early. Talk often.

The Washington State Coalition to Reduce Underage Drinking has put together an excellent website at www.StartTalkingNow.org about talking to your kids about alcohol.

Other helpful websites include:

- The Parent Toolkit
  o Sponsored by The Partnership at DrugFree.org
- Stop Underage Drinking
  o Portal of Federal Resources
- Make a Difference: Talk to Your Child About Alcohol
  o National Institute for Alcohol Abuse and Alcoholism

If you or someone you know is struggling with substance use, call the Recovery Helpline at 1-866-789-1511.