S.M.A.R.T. TIPS — FOR CHILDREN

*Underage drinking can ruin the things you want for your child - health, happiness, safety, success. Sometimes, the coolest thing you can do for your teen is to **Be a Parent**.*

BE A PARENT — NOT A FRIEND

- **S**et limits with expectations and consequences for breaking them.
- **M**essages — be consistent and use a clear, no-use message. Don't assume your child knows where you stand.
- **A**wareness — know where your kids are, who they are with, what they are doing and when they will be home.
- **R**esources — parenting can be lonely — network with others.
- **T**ake time to talk! Talk early. Talk often. And listen.

- Your child's attitudes and behaviors about alcohol are being shaped RIGHT NOW. Don't be afraid to talk to your children about drugs or alcohol at a young age.
- Communicate and model your family values. Your actions speak louder than words.
- Teach your child how to say NO and then practice together.
- Encourage children to become confident decision makers by allowing them to make age-appropriate decisions.
- Teach your child the value of being respected over being popular.
- Share the importance of developing a variety of friendships as a way to build a solid support network. Make sure your child understands that it's okay to move to a different set of friends if one group is making poor choices.

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