S.M.A.R.T. TIPS — FOR ATHLETES

*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.

- Athletes can lose up to 14 days of athletic training after one night of heavy drinking.
- Drinkers are twice as likely to become injured as non-drinkers.
- Alcohol reduces performance potential by up to 11.4% in elite athletes and perhaps by as much as 15 to 30% in high school athletes.
- Underage drinking results in permanent brain damage, specifically memory, critical thinking and learning skills.
- Adolescents who begin drinking before age 15 are more likely to develop alcohol-related problems.
- Alcohol use reduces performance by decreasing strength, power and muscle endurance.
- Reaction time can be affected even 12 hours after alcohol consumption.
- Adolescents need only drink half as much as adults to suffer negative effects on their memory, learning ability and critical thinking faculties.
- Youth who choose to remain free of alcohol and other substances are more likely to be successful in life.

Nationwide Children's
Dublin ACT Coalition
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