



Share the Wellness Tip

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Taming Teen Drinking



As the school year begins to wind down many favorite end-of-year activities like prom, dances and graduation parties can put your teen at risk for alcohol abuse. More than 70 percent of students have consumed alcohol by the end of high school. And, when teens drink, they tend to drink a lot, often consuming four to five drinks at one time. A recent study showed that, 22 percent of 10th graders, and 29 percent of 12th graders had engaged in heavy episodic—or binge—drinking within the past 2 weeks.

But children who learn a lot about the risks of alcohol from their parents are up to 50 percent less likely to drink than those who don't. Having a conversation with kids about alcohol can make a difference:

- Share the consequences of excessive alcohol. Consequences can include: unplanned and unprotected sex, sexually transmitted diseases, blackouts, sexual assault, arrest, and alcohol poisoning, which can be fatal.
- Make clear, specific rules regarding the use of drugs and alcohol. Make sure your kids know they'll be held accountable if they break those rules.
- Know their plans. Parents should make sure to know where they are, who will be with them and who is supervising them.

For more information and resources for talking to kids about alcohol visit the [National Council on Alcoholism and Drug Dependence](#).

Sources: [Centers for Disease Control and Prevention](#); [Federal Trade Commission](#), [National Council on Alcoholism and Drug Dependence](#)

