

PREVENTING ABUSE

As a parent, it can feel overwhelming trying to address the issue of alcohol abuse with your teen. Here are a few tips to keep in mind.

Provide Outlets for Stress

The #1 reason teens give for drinking is to escape from pressures with family, friends, and school. Assure your teen that you are a safe person to talk to and that you support them regardless of the circumstances in their life. Help them find positive ways to release their stress.

Give Clear Home Boundaries

If you have alcohol in your home, it should be clear that it is only for adult consumption. Affirm that no drinking by anyone under 21 will be allowed in your home. YOU become legally responsible. Do not allow teens to attend parties unless the host's parents are present.

Know Their Schedule

Keep up with your teen's activities. They are more open to your guidance if they know you care about the activities in their life.

Talk to Other Parents

Communication keeps you connected to what is happening in the community and other families. You'll also find other parents trying to raise a kid the right way.



Awake to Life exists to awaken parents and teens to the lives they were meant to live and the kind of relationships that only God can give.

If you are interested in hosting an Awake to Life parenting or student event or have any other questions regarding adolescent culture, visit our website at www.awaketolife.org

All Awake to Life resources are provided by the generous donations of our financial supporters. Awake to Life is a federally recognized 501c3 in the USA.

TEEN ALCOHOL ABUSE GUIDE

Understanding the Trends in Alcohol Usage Among Teens and College Students




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