

WHEN TO TALK

Teens (ages 13-17)

Opportunities to try alcohol are increasingly present as teens get older. Stay involved in your child's life and be aware of who they are with and what they are doing.

- Re-establish house rules.
- Have family dinners.
- Answer your teen's questions.

When your teen wishes to invite people over:

- Be clear that house rules extend to guests.
- Confirm who they plan to invite and tell them to stick to the agreed-upon guest list.
- Encourage them to invite a responsible friend to act as the party's "co-host" to provide support if needed.
- Plan activities beforehand. Ask guests not to bring alcohol
- Serve food and non-alcoholic beverages.
- Let your child know they can contact you for help if necessary.
- Have your teen keep you informed of their plans. Check in regularly.