

SAMPLE CONVERSATIONS

Watching entertainment where the characters are drinking:

- Discuss appropriate and inappropriate drinking behaviour.
- Explain that children's bodies can't handle alcohol the same way adults can. Talk about how weight and gender can have an impact on how people feel the effects of alcohol, how children's brains are still growing and how alcohol can have serious effects on this growth.
- Point out that characters who get drunk often make poor decisions.
- Ask your child if they have ever felt peer pressure to drink. Ask them what they did in that situation, or what they would do.