





*Meaningful*  
MOMENTS

Memorable Moments:  
*How Can You Be Ready?*



Life Education Center  
Pledge for Life Partnership

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 [PledgeforLife.org](http://PledgeforLife.org)

Iroquois - Kankakee  
  
Regional Office of Education

When your child is younger, arming yourself with *basic facts* about the risks of underage drinking is probably enough. However, as they get older, the discussion changes. You'll find the need for new information and a different level of *respect* for the experiences they may be having as a developing teen.

- For younger children, see what they already know so you can dispel any myths they may believe. Let them know underage drinking can lead to serious troubles like damaged friendships and school problems.
- With an older child, you can revisit your rules and expectations. They are close to launching into adulthood and tend to have much on the line. Make sure they know their brain is still developing through their mid-twenties, making it risky to drink while underage.

SOURCE: (<https://www.niaaa.nih.gov/alcohols-effects-health/ni-aa-middle-school/too-soon-too-dangerous> and [talktheyhearyou.samhsa.gov](http://talktheyhearyou.samhsa.gov))