



Did you know...

Youth say that parental disapproval of underage drinking is the key reason they have chosen not to drink. -

Charles Curie, U.S. DSHS

As the new year begins, make reducing underage drinking your family's New Years resolution.

Research shows people who begin drinking before age 15 are four times more likely to develop alcohol dependence at some time in their lives compared with those who have their first drink at age 20 or older.

Family factors, such as parent-child relationships, discipline methods, communication, monitoring and supervision, and parental involvement can significantly influence alcohol use among youth. The National Center on Addiction and Substance Abuse at Columbia University has identified key issues and opportunities for parents that appear to hold the greatest promise for reducing underage drinking:

A Checklist for Parents

- √ Set rules and expectations and enforce consequences.
- √ Eat dinner together.
- √ Monitor TV and Internet use and CD purchases.
- √ Know your children's friends and where they go.
- √ Send clear messages about alcohol use.
- √ Discuss negative consequences of drinking.
- √ Give your children perspective on media messages.
- √ Don't show your children that it takes a drink to relax or have fun
- √ Don't accept underage drinking as a rite of passage.
- √ When your child needs help, get treatment-fast!

Wahkiakum Community Network

P.O. Box 629

360-795-8040

Cathlamet, WA 98612

wahkiakum@centurytel.net

NEXT PUBLIC BOARD MEETING

February 4, 2008 7:00 - 9:00 PM

River Street Meeting Room 42 River Street, Cathlamet

Supporting community-based changes to improve the lives of children and families