

## **Holidays are an Opportunity to Teach Your Teens About Alcohol.**

The Holiday season is here. Parties abound, friends and families celebrate and opportunities for drinking are greater than ever. As parents, it is important to role model healthy behavior and decision making. Teens learn from what we do as well as what we say. Here are some suggestions for parents who intend to include alcohol in their holiday celebrations:

1. Celebrate the holidays without alcohol, or drink only moderately, and make sure alcohol is not provided at children's parties
2. Ensure that alcohol in the home is not accessible to children, particularly when adults are not at home
3. Drink a glass or two of water in between drinks to prevent dehydration
4. Find someone to be your designated driver before you take that first drink
5. Decide on a limit, and stick to it

If you are hosting a party keep these ideas in mind:

1. Include nonalcoholic beverages in your party plans.
2. Never allow anyone under the legal drinking age to consume alcoholic beverages.
3. Stop serving and consuming alcohol 90 minutes or more before the party breaks up. Only time sobers people who have been drinking.
4. Arrange for designated drivers, taxis or allow your guests to stay over if you have the room.

Most people don't plan to drink too much — it just happens. If you choose to drink, do so responsibly. Remember, your children are watching, listening and learning. The biggest deterrent to your kids using alcohol is you.