

Talking About Alcohol: Tips for Parents



Here are some tips from our experts about how to talk with middle school-age kids about alcohol:



It's never too early to have age-appropriate conversations with your kids about alcohol.



Ask them what they and their friends think. Tell them what you think.



Have many conversations—not just one. Be open and ready to have a lot of “little” conversations instead of one “big” one.



It's ok if you don't know the answer to a question. Use it as an opportunity to learn together by looking up information.

