

5 TIPS FOR TALKING TO YOUR KIDS ABOUT ALCOHOL



Talk Revolution®

01

Draw the line between adult and teen activities. Don't be afraid to let your teen know that some things aren't appropriate for them.

02

Pick your time. The car, on a walk, washing up. Easier when not 'eyeballing' one another.

03

Challenge their beliefs. they need to know they can fit in without drinking.

04

Challenge unfounded statements.

05

Be aware of your own role modelling when it comes to alcohol.