

# A TEEN'S BRAIN NEEDS BOOKS NOT BOOZE



PARENTS  
EMPOWERED.org

# How to keep your kids alcohol-free:

## 1. KNOW THE FACTS

- Alcohol can impair proper teen brain development.
- Drinking can program a teen's brain for alcoholism.
- Drinking starts as early as grade school in Utah.

## 2. STAY CLOSE TO YOUR KIDS

- Express love daily.
- Do fun activities together.
- Eat dinner together.
- Listen with love and empathy.

## 3. SET CLEAR BOUNDARIES

- Set clear "no-alcohol" rules.
- Establish consequences.
- Follow through.
- Review rules regularly.

## 4. MONITOR YOUR KIDS

- Know where they are.
- Know who they are with.
- Know what they are doing.