

How to Talk With Your Child About Alcohol Safety

Stores have been packed with holiday savings, credit cards have been charged, and food has been consumed. The holidays are often a time for family and friends to come together and create lasting memories with one another. The matching holiday pajamas leave a lasting impression on social media, but what impression does your relationship with alcohol leave on your child. Although difficult, conversations about alcohol safety are necessary. When consuming alcoholic beverages around young people, consider the message you would like for them to receive. Have you caught yourself saying any of the following: “I need a drink,” “a drink would help me relax,” or “wine helps me sleep better at night”. These statements could inadvertently cause your child to believe that alcohol is a suitable replacement for healthy coping strategies.

It’s never too early to have age-appropriate conversations with your child about alcohol. About 10% of children say they have tried alcohol and that number increases to 50% by the time they are 15 (SAMHSA). Early and frequent conversations about alcohol and other drugs tend to be more effective than having “the talk” once. If you choose to not have the conversation with your child as a parent, they will still have the conversation with their peers. Silence communicates as loudly as a verbal conversation, so it’s up to you to decide what message is explicitly shared.

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.

Sources & Resources

[Why You Should Talk With Your Child About Alcohol and Other Drugs Talk, They Hear You](#)
[FCPS SAPS Program](#)



For further Information & support:
De'Ja Ruffin (McNeil)
Substance Abuse Prevention Specialist
dsmcneil@fcps.edu