SEVEN TIPS FOR CONNECTING WITH YOUR TEEN

1. COMMUNICATE BEFORE A PROBLEM STARTS
   - Have important discussions now, before there’s blaming, anger, or punishments.
   - Agree on a time to start talking together about the dangers of alcohol.

2. DISCUSS RULES AND CONSEQUENCES
   - Explain how you expect your son or daughter to act, and why.
   - Tell your teen plainly that you don’t want him or her drinking.
   - Agree on consequences of broken rules.

3. SHOW YOU CARE
   - Gently touch your teen on the arm or back to show affection.
   - Tell your teen you love them and want them to be healthy and safe. Explain that’s why you need to talk together about the dangers of underage drinking.

4. PAY ATTENTION
   - Even when life gets hectic, take time out to listen to your teen.
   - Monitor where your teen is and what your teen is doing, constantly.

5. SHARE FAMILY ACTIVITIES
   - Have dinner together at least three times a week.

6. GIVE AND GET RESPECT
   - When your teen talks to you, listen and reply respectfully.
   - Insist that your teen treat you with respect, too.

7. ENFORCE CONSEQUENCES CONSISTENTLY
   - If your teen breaks the rules, stay calm and enforce the consequences.

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CONVERSATION STARTERS FOR TALKING WITH YOUR TEEN

1. CONNECT
   - "Let’s eat dinner together tonight.”
   - "How about helping me wash the car? It will be fun doing it together.”
   - "What’s bothering you? Did something happen at school today?”

2. EDUCATE
   - "Alcohol is especially dangerous for young people, and here’s why....”
   - "I love you and want you to be safe, so you need to wait until you’re 21 to drink.”

3. BE A ROLE MODEL
   - "No thanks. I’ll drink tea with my dinner, I am driving.”

4. ENCOURAGE
   - "I see you put a lot of effort into this!”
   - "Thanks for putting away the groceries!”
   - "You brought the car home early. Good job!”

5. MONITOR
   - "What are your plans for Saturday night?”
   - "Who will you be with?”
   - "How can I reach your friend’s parents?”

6. ENFORCE
   - "By missing curfew, you lost car privileges this week.”

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