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.