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## **10 STEPS TO HELP YOUR PRE-TEEN SAY “NO”**

### **1. TALK WITH YOUR CHILD ABOUT ALCOHOL**

Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media – such as “everybody drinks”.

### **2. LEARN TO REALLY LISTEN TO YOUR CHILD**

Children are more likely to communicate when they receive positive verbal and nonverbal cues that show their parents are listening.

### **3. HELP YOUR CHILD FEEL GOOD ABOUT HIMSELF/HERSELF**

Self-regard is enhanced when parents praise efforts, as well as accomplishments, and when they correct by criticizing the action rather than the child.

### **4. HELP YOUR CHILD DEVELOP STRONG VALUES**

A strong value system can give children the courage to make decisions based on facts rather than pressure from friends.

### **5. BE A GOOD ROLE MODEL OR EXAMPLE**

Parents' drinking habits and attitudes may strongly influence their children's perceptions about alcohol.

### **6. HELP YOUR PRE-TEEN DEAL WITH PEER PRESSURE**

Children who have been taught to be gentle and loving may need parental “permission” to assertively say “no” to negative peer pressure.

### **7. MAKE FAMILY POLICIES THAT HELP YOUR CHILD SAY “NO”**

It's helpful when parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules.

### **8. ENCOURAGE HEALTHY, CREATIVE ACTIVITIES**

Hobbies, school events, and other activities may prevent children from experimenting with alcohol, tobacco, or other drugs out of boredom.

### **9. TEAM UP WITH OTHER PARENTS**

When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.

### **10. KNOW WHAT TO DO IF YOU SUSPECT A PROBLEM**

Parents can learn to recognize the telltale signs of alcohol abuse and even experimentation.

Source: U.S. DHHS, NIAAA

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For questions on substance use, abuse and related problems, call NCADA's help Line at (314) 962-3456.