

*"I had a tough day—boy I need a drink!"*



When kids hear you say, "I had a tough day" as you reach for a drink, it sends the message that drinking alcohol is something you need to relieve stress.

## Do you *Know* the *Messages* you're sending?

All Maine teens are at risk for alcohol abuse. Visit [www.MaineParents.net](http://www.MaineParents.net) for the latest medical research, a list of signs to watch for and tips to help reduce your teen's risk.

*"Grab me another beer"*  
and other *MIXED* messages  
we may be sending our kids



It's easy to send *MIXED* messages without even being aware of it. Look inside for **4 messages** that parents often send by mistake.

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Find out *More*  
**Do More**

“Remember that time when we were so drunk?”



## Do you *Know* the *Messages* you're sending?

All teens are at risk for alcohol use— but there are simple things you can do to reduce your teen's risk. Be aware of the mixed messages you may be sending about drinking. Your kids learn from you!

- 1 Have you ever reached for a drink in front of your kids, saying “I had a tough day?”** This can make alcohol seem like a good way to relieve stress and something you need to relax.
- 2 Do you tell drinking stories in front of kids?** Laughing about heavy drinking can make alcohol seem necessary to have fun.
- 3 Do you ever ask your kids to get a beer or other alcoholic drink for you?** This can make young kids feel comfortable handling alcohol.
- 4 Do you ever encourage your own friends to drink more in front of your kids?** This could make your kids think, “More drinks means more fun!” and teaches them that peer pressure is okay.

[www.MaineParents.net](http://www.MaineParents.net)

“Come on, just have one more!”



Learn simple ways to help reduce your teens' risk for alcohol use and abuse.

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Find out *More*  
*Do More*

Get the latest medical research, a list of signs to watch for, and great tips.

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