

Additional Parent Resources and Websites

Stop Underage Drinking: Portal of federal Resources:

<http://www.stopalcoholabuse.gov/parents.aspx>

Parents play a crucial role in discouraging their children from beginning to use alcohol. The resources on this page will help parents discuss this important issue with their children and brainstorm ways for them to refuse offers of alcohol from their peers

Make a Difference: Talk to Your Child About Alcohol:

http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm

This guide is geared to parents and guardians of young people ages 10 to 14. Keep in mind that the suggestions on the following pages are just that—suggestions. Trust your instincts. Choose ideas you are comfortable with, and use your own style in carrying out the approaches you find useful. Your child looks to you for guidance and support in making life decisions—including the decision not to use alcohol.

Family Guide: Keeping Youth Mentally Healthy & Drug Free

<http://www.family.samhsa.gov/default.aspx>

Designed for parents and other adults involved in the lives of 7- to 18-year-olds, the Family Guide Web site emphasizes the importance of family, promotes mental health, and helps prevent underage use of alcohol, tobacco, and illegal drugs.

Girl Talk: Choices and Consequences of Underage Drinking

<http://www.girlsanddrinking.org/index.phpp?>

This website is designed to serve as a resource for Moms and girls to tackle the problem that underage drinking poses in their own families by providing them with useful insights and information to discourage their daughters from choosing to drink. It also highlights recent research findings on Moms, girls and underage drinking.

Start Talking Before They Start Drinking

<http://www.family.samhsa.gov/stop/talk.aspx>

This guide provides facts and practical advice on how to talk with your children about underage drinking. It helps you create household rules to support your values.

The Prevention Council: Putting the Pieces Together

<http://www.preventioncouncil.org/parent%20info/parentingtips.asp>

On this site you will find detailed parenting tactics for young children, tweens, and teens which promote the building of strong families

Time to Talk and Time to Act

www.timetotalk.org www.timetoact.drugfree.org

The **Time to Talk** website sponsored by the Partnership for Drug Free America provides information and multimedia tools to help parents with the often difficult task of talking about alcohol and other drugs with their children. In collaboration with the Treatment Research Institute, The Partnership recently launched a companion site, **Time to Act**, a new, first-of-its-kind resource to help parents spot signs and symptoms, have productive conversations with their teens, and find outside help if they need it.