

Facts You Should Know

- Most children and youth do not drink alcohol. 60% of youth have never had a drink.
- Your child may believe in the myth that “everyone IS doing it.”
- 71% of 8th graders said alcohol was “fairly easy” or “very easy” to get.
- 70% of all students in St. Lucie County do not believe their parents would catch them if they drank alcohol.

The good news is that most of St. Lucie County middle school students are not drinking alcohol.

- 44% of St. Lucie County students aged 10-14 years old have already tried alcohol – is your child one of them?
- 10% of St. Lucie County middle school students reported binge drinking (having 4 or more drinks in one setting).
- 10% of St. Lucie County middle school students reported being drunk or high at school.

Consequences

Underage drinking can have serious consequences:

- Middle school is a time of special risk for experimenting with alcohol.
- Youth who use alcohol are more likely to be sexually active at an earlier age.
- Youth who drink are more likely to have problems with school work, such as lower grades, absenteeism, and dropout rates.
- Youth who drink are more likely to be victims of rape, assault, and robbery.

As a parent, your words and actions matter. You make a difference.



What You Can Do

- **Talk** to your children early and often about alcohol.
- **Listen** to what they have to say
- **Show** you care – they still need to know that they are important to their parents.
- **Model** the behavior you want from your child.
- **Keep track** of where they are, what they are doing, and who their friends are.
- **Safeguard** your alcohol at home – monitor the alcohol and lock it up.



Parent's Matter!

You have more influence over your children than you may think.

You can have the greatest influence on your child's decision whether to use alcohol or not.

Adolescents and teens say they want and need this information from their parents.



Resources

www.theantidrug.com
www.jointogether.org
www.helpthemknow.com

Sites for Kids

www.freevibe.com
www.abovetheinfluence.org
www.thecoolspot.gov



Substance Abuse Coalition
c/o Roundtable of St. Lucie County, Inc.
546 NW University Blvd., Suite 204
Port St. Lucie, FL 34986
772-871-5880

www.RoundtableSLC.org



Here's What You Need to Know About Underage Drinking

For the Parents of
Middle School Age Children (10-14)