

WHAT SHOULD PARENTS KNOW ABOUT UNDERAGE DRINKING?



Alcohol can be harmful to children, as their bodies are still developing. It can cause permanent damage to their brain, central nervous system and internal organs.

1 in 3

kids has tried alcohol by age 8¹



By age 12, the number of kids who have tried alcohol increases to **TWO IN THREE**.²

Children who begin drinking by age 13 are **FOUR TIMES MORE LIKELY** to become alcohol dependent later in life than those who do not.³



7 in 10

PA parents don't keep the alcohol in their home secured⁴

Some parents think it's OK to let kids try alcohol at home while they're watching them or during special occasions. But alcohol use by children — even a sip — **CAN BE HARMFUL**. And **IT'S AGAINST THE LAW**.

85%

of underage drinkers get their alcohol in their home or in a friend's⁵



^{1,2} Donovan, JE and BSG Molina, "Types of Alcohol Use Experience from Childhood through Adolescence," *Journal of Adolescent Health* 53, no. 4 (2013): 453-459.

³ Grant, BF and DA Dawson, "Age at Onset of Drug Use and its Association with DSM-IV Drug Abuse and Dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey," *Journal of Substance Abuse* 10, no. 2 (1998): 163-173.

⁴ PLCB Underage Drinking Survey, Summary of findings from statewide telephone research with Pennsylvanian parents of children under 21, Center for Opinion Research, February 2017.

⁵ 2015 National Survey on Drug Use and Health, Substance Abuse and Mental Health Services Administration.

WHAT CAN PARENTS DO TO PREVENT UNDERAGE DRINKING?

■ LEARN THE FACTS

The more you know about alcohol and the harm it can cause, the more effective your conversations will be with your kids.



■ USE YOUR INFLUENCE

80 percent of teens say their parents are the biggest factor in whether or not they decide to drink. You can make a difference.

■ TALK EARLY

And talk often. Children are most receptive to your views on alcohol between ages 8 and 11. Reach them before they encounter alcohol.



■ STAY INVOLVED

Keep in touch with your child's life. Know where they go, what they're doing and who their friends are — and get to know their parents, too.

■ SECURE YOUR ALCOHOL

Kids can't drink alcohol if they don't have access to it. Make sure the adult beverages in your home are kept safely out of kids' reach.

Find more information and helpful tips at [KnowWhenKnowHow.org](https://www.knowwhentohow.org)

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TALK WITH YOUR KIDS ABOUT ALCOHOL

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