



You helped your child learn how to be social. They may no longer need help picking friends, but they still need you for other things. Help your teen feel comfortable saying no to underage drinking.

KEEP SHOWING UP.
They're still growing up.

You can encourage an alcohol-free life by creating a strong parent-child relationship.

Here are some ways to help build that relationship with your teenager:

- **Keep open communication.** Continue being open and honest with your teen. Help make them feel comfortable to be the same with you.
- **Show up.** Don't miss out on being present for your child's important moments - big or small. Setting aside time for them helps show that you care, and you're invested in their life.
- **Establish boundaries.** It's crucial to set clear and realistic expectations for your child's behavior. It's equally important to consistently enforce the rules you set in place.
- **Celebrate the wins.** When your child succeeds, your encouragement helps promote their positive behavior. Make sure you are recognizing the accomplishments and progress in your teen's life.