



Parent Resources: Underage Alcohol Use

Spring break, prom season & graduation are difficult times for students and parents when it comes to dealing with alcohol. Parents are often left with many questions as to how to begin a conversation about an upcoming party or the legalities of minors and alcohol. FBCPC is committed to providing our community with the best resources and information related to keeping young people safe from drugs

What Is Underage Drinking?

Underage drinking is when anyone under the minimum legal drinking age of 21 drinks alcohol. Underage drinking is a risk that attracts many developing adolescents and teens. When young people try alcohol, they often don't realize the damaging effects drinking can have on their own lives, their families, and their communities.

How can parents, teachers, and other adults help prevent underage drinking?

- Talk with young people about the potential health, social, and legal consequences of underage drinking;
- Convey clear and consistent messages that underage drinking is unacceptable;
- Help young people build the practical skills to avoid peer pressure to use alcohol;
- Support and reinforce the ability of young people to make healthy decisions; and
- Organize events, such as Town Hall Meetings, to engage young people and others in the community in using evidenced-based approaches to prevent underage drinking.

What Is Social Hosting?

Social Hosting occurs when an adult knowingly allows a minor, who is not their own child to consume alcohol within their private residence, on their land, or other legally secured property.

Don't Serve My Child

DON'T SERVE MY CHILD

"If my child drinks alcohol at your home, you will be held responsible"

KNOW THE LAW

- Up to **\$4,000.00** Fine
- Up to a year in Jail
- Or Both
- Automatic Suspension of Driver's License for 180 days upon conviction

To request more information, please contact:
Payal Patani, Coalition Coordinator at ppatani@fortbendcouncil.org or 281-207-2435
Lauren Ibekwe, Coalition Specialist at libekwe@fortbendcouncil.org or 281-207-2427
Visit us at: www.fortbendcpc.org

Penalties for Providing Alcohol to a Minor

- Making alcoholic beverages available to a minor is a class A misdemeanor, punishable by a fine up to \$4,000, confinement in jail for up to a year, or both. Additionally, the violator will have his or her driver's license automatically suspended for 180 days upon conviction.
- Person 21 or older (other than the parent) can be held liable for damages caused by intoxication of a minor under 18 if the adult knowingly provided alcoholic beverages to a minor or knowingly allowed the minor to be served or provided alcoholic beverages on the premises owned or leased by the adult. **Texas Alcoholic Beverage Code: Sec. 106.03, 106.06**

The goal of FBCPC is to strengthen and develop community partnerships to reduce youth and young adult substance abuse in the Fort Bend ISD community.

FBCPC provides presentations, panel discussions, and seminars for schools, local events, and health fairs. For more information contact: Payal Patani or Lauren Ibekwe—ppatani@fortbendcouncil.org / libekwe@fortbendcouncil.org or 281-207-2400—Follow our Facebook page: <https://www.facebook.com/FortBendCPC>

FBCPC Mission: To prevent and reduce youth substance abuse by building healthy school and community environments.



More Parent Resources: Underage Alcohol Use

How to tell if your child is drinking alcohol: Warning Signs—SAMHSA

Although the following signs may indicate a problem with alcohol or other drugs, some also reflect normal growing pains. Experts believe that a drinking problem is more likely if you notice several of these signs at the same time.

Mood changes: flare-ups of temper, irritability, and defensiveness.

School problems: poor attendance, low grades, and/or recent disciplinary action.

Rebellion against family rules.

Friend changes: switching friends and a reluctance to let you get to know the new friends.

A “nothing matters” attitude: sloppy appearance, a lack of involvement in former interests, and general low energy.

Alcohol presence: finding it in your child’s room or backpack or smelling alcohol on his or her breath

Physical or mental problems: memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech.

Children who drink alcohol are more likely to: - SAMHSA

Use drugs — Frequent binge drinkers (nearly 1 million high school students nationwide) are more likely to engage in risky behaviors, including using other drugs such as marijuana and cocaine.

Get bad grades — Children who use alcohol have higher rates of academic problems and poor school performance compared with nondrinkers.

Suffer injury or death — An estimated 1,844 homicides; 949,400 nonfatal violent crimes such as rape, robbery, and assault; and 1,811,300 property crimes, including burglary, larceny, and car theft were attributed to underage drinking.

Engage in risky sexual activity — Young people who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex.

Make bad decisions — Drinking lowers inhibitions and increases the chances that children will engage in risky behavior or do something that they will regret when they are sober.

Have health problems — Young people who drink are more likely to have health issues such as depression and anxiety disorders.

When To Talk To Your Kids — SAMHSA

Have conversations frequently—and find good times and places to have them.

- Have lots of little talks instead of one big one.
- Choose informal times, such as in the car, during dinner, or while watching TV.
- Continue to talk about alcohol throughout adolescence.
- Encourage your child to talk to you.

Why Should You Talk With Your Child About Alcohol— SAMHSA

The Chance That Children Will Use Alcohol Increases as They Get Older. About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. The sooner you talk to your children about alcohol, the greater chance you have of influencing their decisions about drinking.

Parents Play a Critical Role in Children’s Decisions to Experiment With Alcohol. Studies have shown that parents have a significant influence on young people’s decisions about alcohol consumption, especially when parents create supportive and nurturing environments in which their children can make their own decisions.

The Conversation Is Often More Effective Before Children Start Drinking. If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol use. When parents know about underage alcohol use, they can protect their children from many of the high-risk behaviors associated with it.

Some Children May Try Alcohol as Early as 9 Years Old. Most 6-year-olds know that alcohol is only for adults. Between the ages of 9 and 13, children start to view alcohol more positively. Many children begin to think underage drinking is OK. It is never too early to talk to your children about alcohol.

If You Do Not Talk About It, You Are Still Saying Something. What you say to your children about alcohol is up to you. But remember, parents who do not discourage underage drinking may have an indirect influence on their children’s alcohol use.

How To Talk To Your Kids— SAMHSA

- Give good reasons not to drink.
- Develop family rules.
- Renegotiate the rules as they get older.
- Let them know you’re always there.
- Share important facts about alcohol.
- Teach how to handle peer pressure.
- Give good reasons not to drink.
- Ask open-ended questions.

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