

What Can You Do?

Parents can:

- ❑ Don't preach, lecture or lash out!
- ❑ Let them know that you are concerned. Talk to your child and ask direct questions.
- ❑ Discuss the use of alcohol calmly and frankly. Let them know that you are there for them, but be firm and clear that you don't intend to support their use of alcohol.
- ❑ Remember that adolescence is a time of change and your suspicions may be unfounded. The behavior you suspect as alcohol related maybe just a part of growing up.
- ❑ Call for advice: If you believe that there is a problem, contact a resource that has expertise in teen alcohol abuse.

If you think that an older adult you know has a problem with alcohol you should

- ❑ Specifically describe how they look and act when they are drinking.
- ❑ Connect their alcohol use to specific symptoms of poor health.
- ❑ Talk about their use of alcohol and changes in their behavior.
- ❑ Offer suggestions, information and resources.
- ❑ Provide support and allow them to think about your concerns.
- ❑ Be clear that any decision to change their drinking will be made by them.

Let your friend/family member know that you care.

- ❑ Plan ahead what you want to say and how you want to say it.
- ❑ Pick a quiet and private time to talk.
- ❑ Don't try to talk about the problem when s/he is drunk.
- ❑ Use a calm voice and don't get into an argument.

Remember that you are family or a friend.

- ❑ Don't expect them to like what you say. Emphasize that you care.
- ❑ Remember it's not your job to get him/her to stop drinking.
- ❑ Ask if there is anything you can do to help.
- ❑ Offer to go for help with him/her.
- ❑ Find out about local counseling and information resources.
- ❑ Look for help for yourself if you need the support.
- ❑ Talk about the situation with someone who is experienced with helping alcohol abusers and others affected by the abuse.

