

# What Can I Do?

- Show you disapprove of drinking - 90% of youth say their parents have the most significant influence on whether they drink.
- Be open and honest - show you care about your child's health and success.
- Stay informed so you can be a trustworthy source.
- Pay attention to what's going on with your youth.
- Build strategies to avoid drinking - peer refusal skills.
- Create a plan so it's okay for youth to say, "no thanks".

**WCC**  
Wayne County Coalitions

A photograph of two young women with curly hair sitting on a light-colored couch, engaged in a conversation. The woman on the left is wearing a white long-sleeved shirt and grey jeans, while the woman on the right is wearing a light blue long-sleeved shirt and blue jeans. They are both smiling and looking at each other. The background is a bright, modern living room with a potted plant.

**TALK TO  
YOUR  
KIDS**

[waynecountycoalitions.com](http://waynecountycoalitions.com)

