

Creating your

FAMILY GAME PLAN

Help your family create your own game plan around alcohol use by starting the conversation early. Talking about alcohol may be awkward; but youth tell us that parents are the #1 influence on whether they choose to drink. Help your children be safe, healthy and productive by talking to them early and often about alcohol use.

Explore & learn the facts about alcohol together and talk about the effects and risks of drinking so your family can make safe and responsible decisions.

Use age-appropriate messages when you talk with your kids. It's never too early to talk to your kids about alcohol. The goal is to develop the habit of open communication and to strengthen your relationships.

Younger kids are typically more curious about alcohol. This is a great time to have an honest conversation about what alcohol is & the dangers associated with it.

Once kids become **teenagers**, curiosity can transform into pushing boundaries: "Why can't I?" Continue to talk about the facts and how alcohol affects the brain & body and how it impacts life.

Agree on your family's expectations and rules about how alcohol will be used. Talk about it often and review your game plan together.

Build your child's self-esteem to help them be better equipped to manage peer pressure.

Balance freedom with responsibility. Know your teen's friends, be aware of their activities, and be involved in their lives.

Commit to setting a good example both by what you do and say. Alcohol use is often glamorized by the media to sell us a product & a 'lifestyle'. The attitude of parents, family & friends can also glamorize alcohol use and promote this 'lifestyle'. Consider if alcohol needs to be part of your family gathering or social event?

Work together with your children to **create your own Family Game Plan**

Proudly share your Family Game Plan and engage your family & friends in conversations on how they can be part of promoting a **culture of moderation** - responsible alcohol use.

For more information & to download the Family Game Plan template visit:
www.YLLMYHOME.com

See reverse for a template on how to create your Family Game Plan.



FAMILY GAME PLAN

EXAMPLE

Create your own plan - every family is different.

Here are some suggestions on what you may want to think about and include:

We commit to:

- Explore & learn the facts about alcohol together
- Review the Low Risk Drinking Guidelines
- Help each other manage peer pressure
- Always having a game plan to get home safely
- Setting a good example and establishing a culture of moderation:
 - Consider things like:
 - Age of Use
 - How often & where we use alcohol
- Annually review our Family Game Plan
- Proudly share our Family Game Plan with our family & friends

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THE _____

FAMILY GAME PLAN

Create your own plan - every family is different.

We commit to:

Signed, the _____ Family

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