Early alcohol use is linked to:

- problems with school work,
- difficulties focusing on tasks,
- problems with alcohol later in life,
- depression and anxiety, and
- poor decision making.

Tips to help delay your child’s use of alcohol:

- Take the time to talk often.
- Set clear and consistent messages.
- Spend time together as a family.
- Be a positive role model.
- Be in the know. Know their friends, the facts, and that your voice counts.

Remember you are the most important influence in your child’s life.

DID YOU KNOW?

The brain continues to develop into the mid 20’s. Delay alcohol use as long as possible as it can harm brain development.

Alcohol is the number one drug used by Ontario students, in grades 7 to 12.¹

On average, students report having their first drink at the age of 14.¹


Content adapted from a resource produced by the City of Hamilton Public Health Services.

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