

TALK to your CHILD EARLY about ALCOHOL



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.



On average, **students report** having their **first drink** at the **age of 14**.¹



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

For more information call
1-800-267-7875 or 613-549-1232
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References: 1. Boak, A., Hamilton, H.A., Adlaf, E.M., & Mann, R.E. (2013). Drug use among Ontario students, 1977-2013: Detailed OSDUHS findings (CAMH Research Document Series No. 36). Toronto, ON: Centre for Addiction and Mental Health.

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