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.