Studies show that if children eat dinner with their families at least five times a week, the incidence of risky behavior, like drinking underage, drops 33 percent. The more often children & teens eat dinner with their families, the less likely they are to drink alcohol and use other drugs.

Pay attention. Know where your child is going, who he or she is with and what is happening. Talk to your child about keeping safe.

Set boundaries. Tell your child you will not accept drinking underage.

Ask questions. Ask open-ended questions about how your child is doing. Follow up in areas of concern.

Plan family time. Arrange activities that can be done together and include everyone's interests. Family time makes children feel valued.

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