Children are less likely to use alcohol if they know their parents don’t approve. Tell children what you expect of them and the consequences if they break the rules. Here are four steps you can use:

- Establish clear rules and consequences about alcohol. Remember, it is illegal for anyone – even parents – to provide alcohol to anyone under 21.
- Explain your expectations to your children, make sure they understand the rules, and make it clear that alcohol is a serious topic.
- Be sure to choose consequences that are appropriate, immediate, and important to your children. Be realistic. If you make consequences too severe, you may not enforce them.
- Be prepared to follow through.

The Pennsylvania Liquor Control Board Bureau of Alcohol Education offers a variety of materials free of charge.

For more information:
ra-lbeducation@pa.gov
www.lcb.pa.gov
800.453.PLCB (7522)
Hearing Impaired TTD/TTY: 717.772.3725

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It is common for parents and caregivers to wait until their children are in high school or driving before talking about alcohol. However, many children have formed ideas about alcohol before starting school. It’s best to start talking with them about it when they are younger. As a responsible parent or caregiver, it is important you talk openly and naturally with your children about alcohol when they are young. It’s best they learn the facts from you and know your views, rather than relying on media or peers.