

Parents Your Teens Drink

Parents, we're no angels, we drink and party well into the night, and quite frankly we aren't very capable of holding our liquor, combine that and our already hampered sense of good judgment, we're liable to make some really bad decisions.

It has been your job since some-teen years ago to protect us and guide us. Now since we have made it this far together you seem to have done a good job, but you still have a few years to go, and the late night fun has just begun.

Now, I'm not just here to tell you that you aren't talking to your children; I'm here to tell you that you aren't talking to them about the right things. You tell them to clean their rooms, wash their hands, rinse their dishes, pretty much the things that will get them through life. But, right now they aren't going through life they're going through adolescence.

It's hard enough for us to survive this time of our lives, but without your help we will find a different leg to stand on. One inside a Red Dixie Cup, a foul substance, just a bunch of rotten oats and barley in a watered down form, it's not much to stand on, even less to drive home with.

In past years some groups have taken the time to gather some data on teens and drinking, and these statistics are nice to know but they are scare tactics more than anything. For instance 23 percent of teen drivers killed in 2005 were intoxicated, according to NHTSA (1) . These are just scare tactics and I'm sure that some of you parents are thinking,

"Oh well my kid would never drink enough to get hurt."

Parents you remember, what it was like being a teen, all the pressure, the hormones, and all the bad decisions. Does it sound like any amount of alcohol and teens would mix? Especially if we

teens are out on the town, while not under parental supervision. Would you want your child to go through that on their own? Of course not.

Personally I made a decision to not drink, especially when I am a teenager. But I also know that if I were to drink I'd rather do it in my home with my parents so I can be safe. Teens might not think it's very fun, but it would be smart.

So talk to your teens, they are going to drink and probably are going to drink without regard to their ability to control themselves. What you as a parent need to do is allow your teen to drink at home under your supervision even let them get totally wasted, not so much that they get alcohol poisoning and lose their liver, but enough so that they understand the next day what a hangover feels like. My decidedly unnamed source says "that feeling was one of the most powerful deterrents from drinking." (2)

That is not the only way to deter your teen from drinking, you should as well lead by example, don't drink irresponsibly, don't go for the second glass, and mostly don't drink and drive.

Parents, you might not be the last influence in your child's life, but you are the first... Make it count.

Bibliography

(1) "Teen Drivers." Insurance Information Institute. 8 Feb. 2007 <<http://www.iii.org/media/hottopics/insurance/teendrivers/>>.

(2) Doe, John. Personal interview. 31 Jan. 2007.