

# HOW TO KEEP THE HOLIDAYS ALCOHOL- FREE



**01**

## HAVE AN HONEST CHAT

Talk to your teen openly about why alcohol isn't part of their holiday experience. Use real-world examples and facts about how alcohol affects their health and goals. The holidays are the perfect time for these heartfelt conversations.

**02**

## PLAN FUN (AND FESTIVE) ALTERNATIVES

Turn up the holiday cheer with creative activities – baking competitions, DIY holiday crafts, or even a hot cocoa bar. Teens love bonding over shared experiences, and it shows them that celebration doesn't need a buzz.

**No amount of alcohol is "safe" for teens**

**04**

## SET CLEAR EXPECTATIONS

Let your teen know the boundaries and the reasons behind them. Be consistent and confident. They might not admit it, but they'll respect the clarity.

**03**

## MODEL HEALTHY CHOICES

Your actions matter. Show them that fun doesn't depend on alcohol, even for adults. If you're drinking, keep it responsible and emphasize that it's a choice for grown-ups, not teens.

Teens who start drinking early are more likely to binge drink and develop long-term habits that can lead to addiction.

**IT'S NOT JUST ABOUT ONE DRINK –  
IT'S ABOUT WIRING THEIR BRAIN  
FOR FUTURE STRUGGLES.**

The teen brain is in turbo-development mode. When alcohol enters the picture, it hijacks the brain's natural reward system, setting the stage for dependency.