



# Underage Drinking Prevention Tip

## Are you hosting a party this holiday season?

Here are a couple of ways you can help keep your kids safe and healthy throughout your celebrations:

- Keep track of your alcohol; know how much you have
- Offer plenty of appealing non-alcoholic options
- Be aware of telling drinking stories around youth—laughing about drinking can make alcohol seem necessary to have fun
- Remember: You're a role model for youth—your messages matter!



**Youth activity!** Ask youth to think about the ways the alcohol industry uses holiday-themed marketing to send unhealthy messages linking alcohol and good times.

Want more ideas? Visit [www.21reasons.org](http://www.21reasons.org)