**Resources for Parents & Caring Adults**

**Reading Materials**

How to Talk To Youth Teen and Young Adult About Alcohol

<https://whatparentsaresaying.buzzsprout.com/>

Tips for talking to youth/teens at all different age groups

<https://drugfree.org/article/prevention-tips-for-every-age/>

Make A Difference: Talk to Your Child about Alcohol Booklet

<https://www.niaaa.nih.gov/sites/default/files/publications/NIAAA_Make_a_Difference_English_1.pdf>

Two-sided flyer about talking to your kids about alcohol and other drugs

<https://www.samhsa.gov/sites/default/files/talk_to_your_kids_5_conversation_goals.pdf>

Booklet with great information for parents: Start Talking Before They Start Drinking

<https://www.stopalcoholabuse.gov/media/Underage_Brochure_508final.pdf>

How Can I Tell if My Teen Is Drinking

<https://www.samhsa.gov/sites/default/files/tell-if-child-is-drinking_0.pdf>

**Video Series/Podcast**

Help for Parents/Caring Adults Explaining Alcohol Use and Addiction to Children

<https://vimeopro.com/wondergrove/betty-ford-center-beamer-animated-series/video/177489103>

**Downloadable App**

Graphic that will open for parents to download an App. <https://www.samhsa.gov/sites/default/files/tthy-promo-language-overview.pdf>

**ADULT Resources**

Printable Guide to How Much Alcohol You Are Drinking

[file:///C:/Users/karen.via/Downloads/4.0-AL-437-Guide-to-Standard-Drinks\_web.pdf](file:///C%3A/Users/karen.via/Downloads/4.0-AL-437-Guide-to-Standard-Drinks_web.pdf)

**Teachers and Educators/General Info**

Resources for teaching youth

<https://asklistenlearn.org/parents/alcohol-affects-kids-brain/?gclid=CjwKCAjw6fyXBhBgEiwAhhiZsq2XWOwupGwpBUuEWdKMRMeKYi-2c-8jNsWic4Cyxe0n8Zw3fXXGkhoCs3UQAvD_BwE>

Responses to questions about alcohol

<https://adapp.org/resources/teen-center/teens-and-alcohol/#problem>