



Dear Parents and Caregivers

We are excited to share that your student will soon begin classroom lessons focused on underage drinking prevention and alcohol misuse prevention using resources from *Responsible Teens: Alcohol Education for High Schoolers*. These lessons are designed to help students build the knowledge, confidence, and decision-making skills they need to resist underage drinking and make informed, responsible choices about alcohol in the future.

As these topics are discussed in the classroom, we invite you to continue these important conversations at home in a way that feels natural for your family. Parents and caregivers play a significant role in shaping a teen's decision to drink – or not to drink – alcohol, and your guidance, expectations, and family values can help reinforce the important messages students are learning at school.

These conversations do not need to happen all at once. In fact, they are often most meaningful when they happen consistently over time. Sharing your perspective and asking your teen what they think can help create open, honest dialogue.

You can also support your teen by reinforcing key messages from the lessons, including that most high school students do not drink alcohol, and by talking together about the risks and consequences of underage drinking and alcohol misuse. Delaying the onset of drinking alcohol decreases the risk of developing long-term alcohol dependency later in life.

To help support these conversations, we encourage you to review the materials being used in class and explore additional resources available at ResponsibleTeens.org. This site includes helpful conversation starters, strategies for addressing a variety of topics, and tips for dispelling common myths about alcohol and underage drinking.

If you have any questions about the program or would like more information about the lessons your teen will be completing, please reach out.

Thank you for your continued partnership as we help our students grow into informed, confident, and responsible young adults.

Sincerely,



For more information on how to talk to your teenager about the dangers of underage drinking, visit

ResponsibleTeens.org

Responsible Teens is a program of

