

Alcohol and the Developing Brain

FREE RESOURCES FROM **ASK, LISTEN, LEARN**



Dear Parents,

Responsibility.org's *Ask, Listen, Learn: Kids and Alcohol Don't Mix* program features interactive materials to help you talk to your kids about saying YES to a healthy lifestyle and NO to underage drinking!

Get started with the information below and the games on the opposite side of the sheet about the dangers of underage drinking and how to say NO. They'll help you and your child discover how alcohol affects the brain while jump-starting important discussions about the dangers of underage drinking.

Visit AskListenLearn.org for more free resources to share with your child!

Helping Your Kids Say "NO" to Underage Drinking

Share these ideas with your kids and then continue the conversation by asking, "What are more ways to say NO to underage drinking?"

1 BE BLUNT
"No, I'll pass."

2 DIVERT THE ATTENTION
"Nope, I'll go shoot some hoops instead."

3 KEEP YOUR COOL
"No thanks, that's not my thing."

4 SHAKE IT OFF
"No way, I'm not into that!"

5 BLAME MOM AND DAD
"No thanks, my parents would kill me."

6 BLOW IT OFF
"Nah, that's nothing but trouble."

7 STAY HONEST
"And get grounded for life? I don't think so."

8 THINK OF YOUR FUTURE
"I've got to study."

9 MAKE A HEALTHY CHOICE
"Not today: I'll wait."

10 COMMUNICATE CLEARLY
"No. Just no."

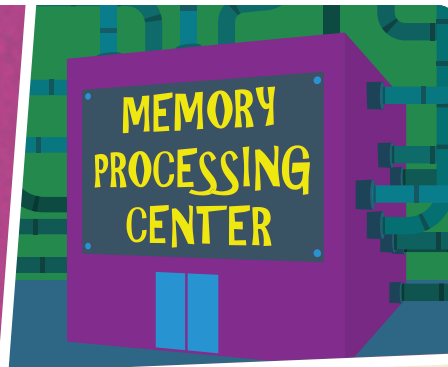
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Memory Games for the Whole Family

Alcohol negatively affects the developing brain and can impact the ability to create and store memories. Play these games with the whole family. They're a fun yet serious reminder of why our brains need to function at peak performance all the time!



THE COIN GAME



Put a handful of coins on the table. One family member takes five from the pile and puts them into a sequence (e.g., two pennies, a dime, a quarter, and a nickel). The rest of the family looks at the coins for a few seconds and then they're quickly covered up (use a sock or dishrag). Everyone then takes coins from the pile and must arrange them in the same order. The family member who initiated the game times everyone's efforts.

Winner: Whoever can recreate the sequence in the shortest amount of time.

Did you know? Drinking alcohol can damage the developing hippocampus, which is key for learning and remembering.

FINISH THE STORY

Have one family member begin a story using any sentence they wish. Go around and have each family member take turns repeating the sentences and adding a new one. If someone misses a word, they're out.

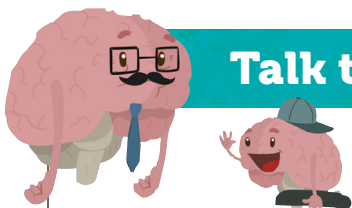


Winner: Whoever tells the story without making a mistake!

Did you know? Alcohol can damage the growing frontal lobe. It controls emotions and impulses and is responsible for planning, forming ideas, and making decisions.

Check out asklistenlearn.org/games for more games, such as *Memory Flip*, that engage the brain and encourage a healthy lifestyle!

Talk to Your Kids About Underage Drinking!



Parents are the #1 influence on their kids' decisions to drink—or not drink—alcohol.

91% of 10- to 18-year-olds say they have had a conversation with their parents about the dangers of alcohol.*

The key time to start the conversation? Early adolescence. Doing so at these ages helps delay the onset of underage drinking.

Research shows that when conversations about alcohol go up, underage drinking goes down!

Remind your kids that their brains are still growing. Refraining from underage drinking will help to make sure they are giving their brains the best chance for healthy development.

*Responsibility.org, Toluna, August 2016

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Kids and alcohol don't mix.