



Parents. The Anti-Drug

Bannockburn, Deerfield, Highland Park, Highwood, and Riverwoods

December 2009

Dear Parent,

With all the fun and excitement associated with the holidays it's sometimes easy to forget that the season can also be a time when there is widespread availability of alcohol at holiday parties. Teens and pre-teens may view these parties as opportunities to sneak alcohol, spike their soda or juice drinks when nobody is looking, or convince a relative to assist them in getting an alcoholic beverage. Older siblings or friends can also be the source of alcohol for teens. Some parents, feeling it is part of the holiday spirit, may be more inclined to let their teenagers have an alcoholic drink to share in a family toast.

"During the holidays some parents want to offer their teenager a treat of sorts," says Dr. Thomas Wright, chief medical officer at [Rosecrance](#) Health Network. "By giving kids the go ahead to have one drink, parents are setting precedence. It may seem harmless enough, but by linking alcohol to special occasions parents are telling their kids that alcohol is a necessary ingredient to a good time."

For more information about teens and alcohol, visit <https://www.prevention.org/documents/NoSuchThing.pdf>

We encourage everyone to **take time to talk every day**. Talk with other adults...talk with teens...talk with us! The health and safety of our community is worth it! Contact us at Parents.TheAntiDrug@gmail.com.

Wishing you a safe and wonderful holiday and we'll see you next year!!

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