

# BE A "PIZZA" OF THE SOLUTION...TO UNDERAGE DRINKING

Use this information to help guide your conversation as you build your pizza together.

Each ingredient represents a fact about underage drinking!

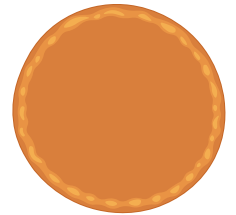
Don't forget to snap a photo of you and the family and post on Facebook using the hashtag **#JDCpizza**.



## STEP 01

### CRUST

Your family is the solid base - Parents, your actions matter. Talk to your teen about underage drinking. Let them know that drinking is NOT a right-of-passage into adulthood. Education starts at home and is a key factor in creating awareness. Let your teen know where you stand on underage drinking.



## STEP 02

### SAUCE

Why your child might start drinking - Some children may experiment with alcohol as they approach their teen years and begin to experience many emotional and physical changes. Affirm that your teen has the support to address these challenges (such as stress, peer pressure and transitions) as they may come their way.



## STEP 03

### TOPPINGS

The people who help us achieve our best along the way - Let your teen know where you stand on underage drinking. Help your teen learn how to say "no" to peers.



## STEP 04

### CHEESE

Our sprinkling of caring (when things heat up we melt together) - Make a difference, be part of our community effort to spread awareness about underage drinking. As a community, we can work together to monitor activities and decrease access to alcohol. Parents, speak up! Let other parents know that it is NOT ok for your teen to drink alcohol, not even at their house.



## STEP 05

### BAKE

Discuss family values and expectations - To learn more about how to talk to your teen visit:

- Talk. They Hear You. (SAMHSA) - [www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)
- Partnership for Drug-Free Kids - [www.drugfree.org](http://www.drugfree.org)
- Illinois Youth Survey - [www.iys.cprd.illinois.edu](http://www.iys.cprd.illinois.edu)



Join in the effort to combat underage drinking with the Jo Daviess County Juvenile Justice Council, FHN Family Counseling Center, Illinois Department of Human Services, parents and community members.

Funding in whole or in part by the Illinois Department of Human Services