



# Boone County Alliance Coalition News

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## Parents: How to Talk to Your Kids about Underage Drinking

With prom and graduation season coming up, it's never too late to talk to your kids about underage drinking. The Substance Abuse and Mental Health Services Administration (SAMHSA) campaign, "Talk. They Hear You" empowers parents and caregivers to talk with children early about alcohol.

### **Problem of Underage Drinking**

Rates of underage drinking in the United States are high. [See the latest statistics.](#)

Underage drinking has severe consequences, including:

- Injury or death from accidents
- Unintended, unwanted, or unprotected sexual activity
- Academic problems
- Drug use

Also, alcohol can harm the developing brain.

### **Importance of Parents**

Research shows that parents are the leading influence on their child's decisions about alcohol. Although it may not seem like it, when parents talk about underage drinking, their children do hear them.

### **9-15: A Crucial Age**

To prevent young people from starting to drink, the campaign focuses on ages 9–15. Around 9, children begin thinking alcohol may not be just for adults. By 15, many young people are drinking. Young people who start drinking before age 15 are five times more likely to develop alcohol problems as adults than those who begin drinking at 21 or older.

For more information on this campaign, visit

<https://www.samhsa.gov/underage-drinking/about>

### Contact Information

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### Upcoming Events

Young Boone Meeting	3/7 6:30-7:30 PM BCPL Scheben
Truth or Consequences	3/16 7AM-12:15 PM Ockerman Middle
Monthly BCA Mtg	3/20 9-10:30 AM Florence Gov't Ctr

## Young Boone Helping With Build a Dream NKY 2017

Each year, the Northern Kentucky Safety Net Alliance holds the Build A Dream project. This year, the event will take place on Saturday March 18th at the Gateway Community & Technical College, Urban Campus Gym.

The purpose of the Build A Dream NKY 2017 project is to provide 100 beds to 100 low income children in Northern Kentucky. The beds will be built and distributed to kids in need and will be complete with mattresses, sheets, a pillow and bedspread.

The Safety Net Alliance is seeking monetary or in-kind donations which will be used to construct the beds, including twin bedding, pillows, night lights, hygiene

items, etc.

This year, Young Boone will be co-sponsoring this event.

Young Boone will be donating pillows and will also be

volunteering at the event.

For more information, please contact Talia Frye at (859) 491-8303 ext. 2203 or [tfrye@brightoncenter.com](mailto:tfrye@brightoncenter.com)



