

## Parent/Guardian Discussion - "Connecting Health Class & Home - Binge Drinking"

Dear Parents/Guardians,

This unit in Health class, we are discussing the consequences of underage drinking. It is extremely important that students not only engage in discussions about this topic at school, but that an ongoing dialogue is also occurring at home. Research shows that among adolescents who abstain from alcohol, parental disapproval of underage drinking is the key reason they have chosen not to drink. (Please see this article [With Drinking, Parent Rules Do Affect Teens' Choices](https://www.npr.org/2018/07/26/651111111/with-drinking-parent-rules-do-affect-teens-choices) from NPR.org using the following link for more information: <https://goo.gl/LUeJwv>)

Today, students will be bringing home an assignment called "Connecting Health Class & Home - Binge Drinking," that will be due on \_\_\_\_\_. The assignment requires students and parents to discuss the following questions below. Please share your thoughts and reactions. I have included a few questions below to get you started:

- ~ What are some ways that drinking as a teen can affect your future?
- ~ What are some ways that parents can help their teen deal with the pressure to drink or use harmful substances?
- ~ What are some ways that a teen can let their parent know they are dealing with the pressure to drink or use harmful substances?
- ~ What are some appropriate and fun ways for teens to socialize?

Feel free to expand your discussion to include other topics not included on this worksheet. This assignment will be graded on completion.

Sincerely,

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**Name** \_\_\_\_\_ **Date** \_\_\_\_\_ **Pd** \_\_\_\_\_

I have discussed the questions above and my signature acknowledges we have completed it.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent/Guardian Signature

