



**PEQUANNOCK TWP.
COALITION**

Empowering Positive Choices
for a Stronger Community

www.ptcouncil.org

What can you do today to open up a conversation about how to keep kids safe and alcohol-free, while still allowing them their space? Below are some text messages to send to your child! Copy one you like or create your own & text away!

- Just thinking about you. You're a great kid. Lots of love.
- **FACT:** Underage drinking causes brain damage. **FACT:** We all love your brain as it is.
- Just a reminder not to drink. Have fun, but don't drink.
- Look who's text messaging! Just wanted to say hi. I love you.
- Just a quick reminder to make good decisions today. I love you.
- Remember, I expect you to stay away from alcohol. I love you too much to see you get hurt.
- Just wanted to say I love you and that you're special to me.
- I'm sure glad you're my kid! I love you.
- Remember to value your brain and who you're becoming. No drinking. I love you.
- We're having a great dinner tonight. So please be home on time.
- **REMEMBER:** Our no drinking rule will keep you both safe and happy.
- Hope you're having fun. You're important to us. Stay drug and alcohol-free.
- Remember your commitment to stay drug and alcohol-free. I'm counting on you.



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Our mission is to prevent and reduce youth substance use & abuse in the Pequannock Twp. community through collaboration, education & community-wide change.

Did you know?

Kids who drink **before** the age of **15** are **7** times more likely to have **serious** problems with alcohol than those who wait till they are **21** to have their first drink.

Tips for Parents

- Talk with your children early & often about the dangers of alcohol and other drugs;
- Set clear expectations & rules and following through with consequences if rules are broken;
- Emphasize that having fun does not involve drinking or using drugs;
- Discuss misperceptions about alcohol use thus helping teens realize that the true norm in high school is NOT to drink.

An Initiative of:



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