

You are the one...

You are the one who educates and the one who needs to discuss:

Underage drinking is illegal. Too much alcohol can kill.

You are the **single most important** influence on your child.

We ask you to LEAD – Listen, Educate And Discuss with your kids the dangers and consequences of underage drinking, warning signs and proper reactions to over consumption/alcohol poisoning.

Parents/Guardians who LEAD:

- Are good role models
- Know the facts
- Have clearly stated rules
- Communicate openly
- Build self-esteem
- Teach responsible decision-making skills
- Know their kid's friends
- Get help when needed

Click on www.parentslead.org for more information.

Talk to your kids today.

Parents
underage
drinking
is illegal.



Parents Listen, Educate And Discuss alcohol with your kids. Parents LEAD

For more information, go online to www.ParentsLead.org



You need to know

Binge Drinking: Drinking five or more drinks on the same occasion.

Alcohol Poisoning: A toxic amount of alcohol has been consumed, usually in a short period of time.

Alcohol Poisoning Warning Signs:

- Mental confusion, stupor, coma or person cannot be roused
- Vomiting
- Seizures
- Slow breathing (fewer than eight breaths per minute)
- Irregular breathing (10 seconds or more between breaths)
- Hypothermia (low body temperature), bluish skin color, paleness

If You Suspect an Alcohol Overdose:

- Do not wait for all symptoms to be present.
- Be aware that a person who has passed out could die.
- If there is any suspicion of an alcohol overdose, call 911 for help. Do not try to determine the level of drunkenness.
- Turn the person on his or her side to prevent choking in case of vomiting.
- Stay with the person until help arrives.

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