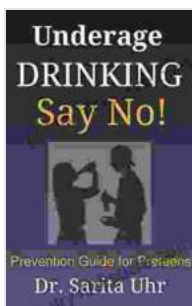


# Underage Drinking: Say No, Dr. Sarita Uhr

Underage drinking is a serious problem that can have lasting consequences. According to the Centers for Disease Control and Prevention (CDC), underage drinking is the leading cause of preventable death among youth in the United States. Each year, approximately 5,000 young people under the age of 21 die from alcohol-related injuries. In addition, underage drinking is a major contributing factor to other serious problems, such as car crashes, sexual assault, and violence.



## Underage Drinking: Say No! by Dr. Sarita Uhr

★★★★★ 5 out of 5

Language : English  
File size : 1442 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 59 pages  
Lending : Enabled



There are many reasons why underage drinking is so dangerous. First, young people's brains are still developing, and alcohol can damage the developing brain. Alcohol can also impair judgment and coordination, which can lead to dangerous behavior. Second, young people are more likely to engage in risky behaviors while drinking, such as driving under the influence or having unprotected sex. Third, young people are more likely to be victims of alcohol-related crimes, such as assault or sexual abuse.

There are a number of things that parents can do to help prevent their children from underage drinking. First, talk to your children about the dangers of underage drinking. Make sure they understand the risks and consequences of drinking alcohol. Second, set clear rules and expectations about underage drinking. Let your children know that you do not approve of underage drinking and that there will be consequences if they are caught drinking.

Third, monitor your children's activities. Know where they are going and who they are with. If you are concerned that your child may be drinking, talk to them about it. Fourth, be a positive role model. If you drink alcohol, do so responsibly and in moderation. Your children will learn from your example.

If you are concerned that your child may be drinking, there are a number of resources available to help you. You can talk to your child's doctor, a counselor, or a member of the clergy. You can also find support groups and other resources online.

**Here are some specific tips for talking to your child about underage drinking:**

- Choose a time and place to talk where you will not be interrupted.
- Start by expressing your love and concern for your child.
- Explain the risks and consequences of underage drinking.
- Set clear rules and expectations about underage drinking.
- Listen to your child's point of view and try to understand their reasons for wanting to drink.
- Be honest and open with your child.

- Answer your child's questions honestly and directly.
- Be supportive and understanding, but also firm in your stance against underage drinking.

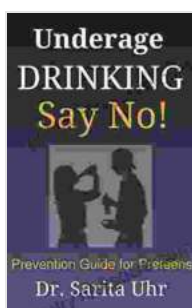
Talking to your child about underage drinking can be difficult, but it is important to have this conversation. By talking to your child about the dangers of underage drinking, you can help them make healthy choices and avoid the risks associated with alcohol use.

Dr. Sarita Uhr is a board-certified pediatrician and the author of the book "The Essential Guide to Healthy Living for Kids." She is a passionate advocate for the prevention of underage drinking and other risky behaviors.

## Take Action

If you are concerned that your child may be drinking, there are a number of resources available to help you. You can talk to your child's doctor, a counselor, or a member of the clergy. You can also find support groups and other resources online.

Learn more about underage drinking



### Underage Drinking: Say No! by Dr. Sarita Uhr

★★★★★ 5 out of 5

Language	: English
File size	: 1442 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 59 pages
Lending	: Enabled

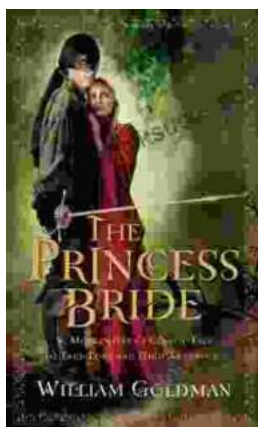
FREE

DOWNLOAD E-BOOK



## 79 ESL Activities, Games, and Teaching Tips for Big Classes (20+ Students)

Teaching large ESL classes can be a challenge, but it's definitely possible with the right strategies. Here are 79 ESL activities, games, and...



## Morgenstern: A Classic Tale of True Love and High Adventure

Morgenstern is a classic tale of true love and high adventure. Set in a medieval world, the story follows the journey of Morgenstern, a young...