

Set rules to help them grow up alcohol-free.

OPEN THIS WAY

THE NORTH AMERICAN
ADOLESCENT BRAIN

HUG YOUR HIPPO.
HIPPOCAMPUS, THAT IS.

Endangered
by Drinking Alcohol

PARENTS ARE #1

KIDS NEED A
SAFE HABITAT

A Safe
Habitat

SCAVENGER HUNT

To find all the Parents Empowered underage drinking prevention signs scattered around aquarium, you'll need to put on your safari hat. Use these clues to find 11 signs featuring some of SeaQuest's most famous residents. As you find the signs, they will provide the answers to each scavenger hunt question below. Each sign features a new animal as well as facts and information on how to prevent underage drinking. Can you find them all?

1 Write your own response.

As a family, list some activities you'd like to do together.

2 Fill in the blank.

As a family, set clear rules against underage drinking by the ____ grade.

3 Write your own response.

In Utah, ____% of underage drinkers report getting alcohol from home, with their parents' permission.

4 Write your own response.

Take a moment and write down your family's rules about not drinking underage.

5 Fill in the blanks.

Kids who eat regular family dinner ____times a week are about ____% less likely to use alcohol.

6 Fill in the blank.

Kids who begin drinking before age 15 are ____times more likely to become alcohol dependent.

7 Write your own response.

What are some of the risks and behavioral problems associated with underage drinking? Ask your parents for help, if needed.

8 Fill in the blank.

The American Academy of Pediatrics recommends starting the conversation about the harms of underage drinking by the age of ____.

9 Write your own response.

What is one of your favorite things to do with your parents each day?

10 Fill in the blank.

Out of those people in treatment for alcohol dependence, nearly ____out of 5 of them said it they began drinking in adolescence.

11 Fill in the blanks.

When kids leave the house, parents can stay involved in their kids' lives by asking questions like ____ are you going, ____ will you be with, and ____ there be alcohol?

Kidbooks

HEALTHY BRAIN EDITION

Keep your habitat safe and help prevent underage drinking.

FOR MORE INFORMATION,
VISIT PARENTEMPowered.ORG

SeaQuest

Communities That Care
Layton

Parents Empowered

How to Prevent Underage Drinking

BONDING

BOUNDARIES

MONITORING

STAY CLOSE TO YOUR KIDS

Parents can learn a thing or two just by watching an otter family play together. Playing together is a great way to stay close. When a kid feels close to their parents, they are less likely to drink underage. Find ways to spend time with them. Play a board game. Go on a hike. Watch a movie. Do something to strengthen your relationship. Here are some ways to bond:

Spend Time Together

Do Fun Activities Together

Eat Dinner Together

Listen and Be Supportive

Create a Positive Home Environment

SET CLEAR RULES AND EXPECTATIONS

Like an elephant, never forget to set clear rules about underage drinking. Make your expectations clear about what your child should do if offered alcohol. Boundaries are like the walls of a lion's cage. They keep your kids safe from danger. Talk to your kids about alcohol and help them understand why they need rules. Without clear rules and expectations, kids are much more likely to drink.

Teach the Risks of Underage Drinking

Discuss What to Do If Alcohol is Present

Consistently Enforce the Rules

Helps Kids Choose Friends Wisely

Practice Saying "No" to Alcohol

WHO, WHAT, WHEN & WHERE

Be as observant as an owl. Know where your kids are, who they're with, and what they're doing. Stay involved. Studies show parental involvement drops by half between the 6th and 12th grades. It's important to remain engaged throughout their teen years.

Know Your Children's Activities

Observe Your Child's Emotional Well-Being

Know Your Children's Friends and Their Parents

Ensure an Alcohol-free Environment

Check-in Often

RIDDLE ME, FISH!

Can you figure out which riddle goes to which animal?

Your brain is great and it's fast to grow.
As for us, we hang around and take it slow.

Well, I'm always at home even when I move,
But I'll pop outside if I've got something to prove.

Like the frozen pop, I'm oh-so-sweet.
Come watch us play, it's a treat.

We love the water, we hunt nearly all day.
If you described our skin, you'd call it grey.

We're kind of small, but here's the deal.
Don't make us mad, or you'll feel our quill.

I swim in circles where the water's cold.
You'll notice me with my scales of gold.

We starred in a movie about a parenting blunder,
To fix our mistake, we had to swim to Down Under.

We're little but loud and we like to be seen.
Now take a look at my flock — our favorite color is green.

The Games

Spending quality time with your kids is one of the keys to preventing underage drinking. Take a moment to complete the scavenger hunt or share a riddle or two.

WORD SEARCH

Time to show off your eagle eyes. See if you and your kids can find all of the hidden words. Ready? Go!

BONDING

BOUNDARIES

MONITORING

RULES

ADDITION

HOME

PARENTS

BRAIN

KINKAJOU

BEAR

INVOLVED

OTTER

SLOTH

SEAQUEST

INFLUENCE

FUTURE

FAMILY

DINNER

N T U D Z H L M R H V Y Y W D C K N

P S I V P O H O F E D O T T N P I T

K E E X Z B E N R J G S M D Y T Z K

Y U S P F J F I P E J I O H X H H I

R Q N L L Q P T A G N C T E R N J N

H A E V O W V O R A E N F A S A P K

L E U Z U T U R E M O H I U D J E A

G S L P M Z H I N U P Y N D L E H J

O Y F T O S J N T N M Z I I C J W O

N G N M V U P G S O K C Z M A R H U

N X I T Y V Q K W Q T N F O E R Q R

A O T T E R F R Y I E I Y A B M B Q

S E I R A D N U O B A S L Z M V H R

U P J X I S X N N M V C I Z K Q B U

D B G N I D N O B W V W M D X Z J L

H I N V O L V E D O G R A W C Q M E

H C O E R U T U F S P I F Z W Y W S

C K C Z Q B X K D Q O M O O I Q E N

