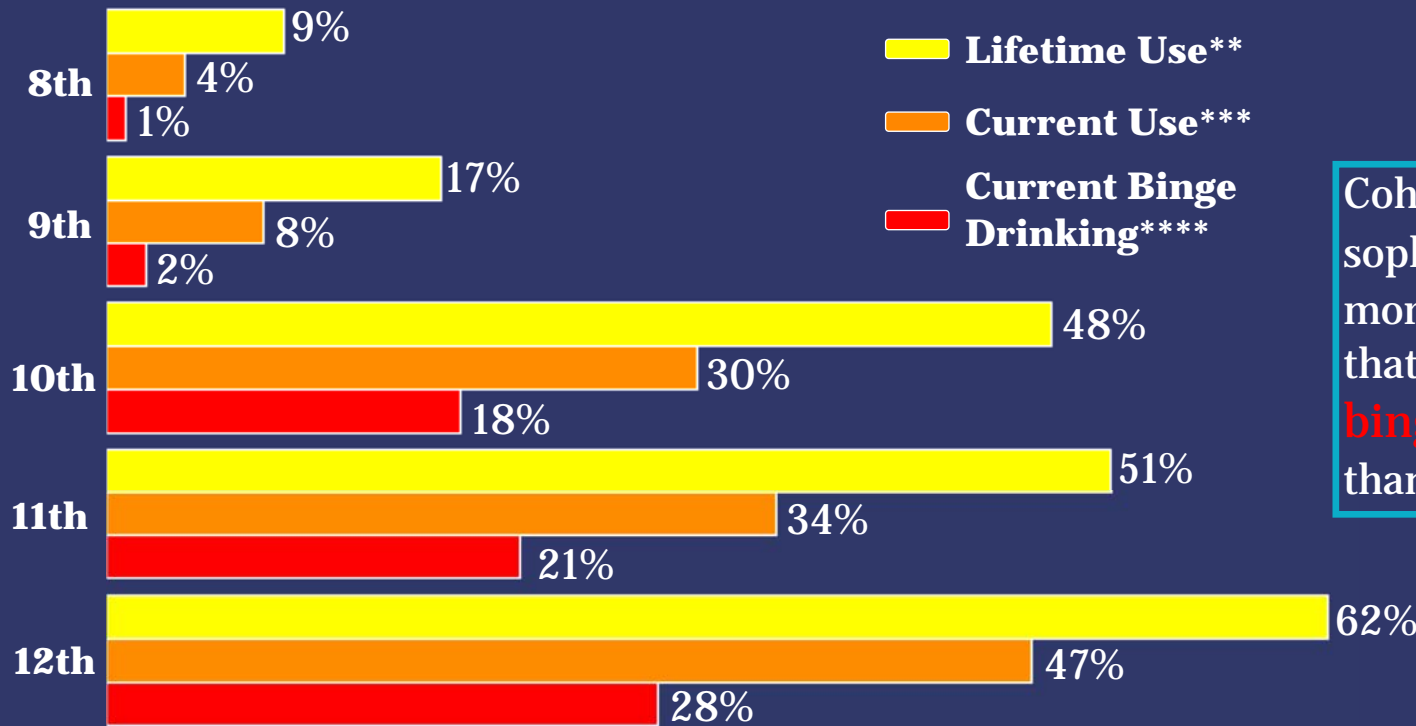


# Talk to your children early & often!

“It is never too early to talk to your children about alcohol and other drugs. Children as young as nine years old already start viewing alcohol in a more positive way. The earlier you start talking, the better.” - SAMHSA\*

## Underage Alcohol Use by Cohasset Students



Cohasset High sophomores were **9x** more likely to report that they currently **binge drink** alcohol than freshmen.



The information above comes from the 2019 Youth Risk Behavior Survey (YRBS) that was administered to students at Cohasset Middle School & Cohasset High School in the spring of 2019.

For more information, visit: <http://safeharborcohasset.org/resources/>



\*For more info about how to talk to your kids, visit the Substance Abuse & Mental Health Services Administration (SAMHSA) website: [www.samhsa.gov/underage-drinking/parent-resources](http://www.samhsa.gov/underage-drinking/parent-resources)

\*\*Question asked ‘During your life, on how many days have you had at least one drink of alcohol, other than a few sips?’

\*\*\*Question asked ‘During the past 30 days, on how many days did you drink one or more drinks of an alcoholic beverage?’

\*\*\*\*Question asked ‘In the past 30 days how many days did you have 5 or more drinks of alcohol in a row (i.e., within a couple of hours)?’