

WHEN TO TALK

Preteens (ages 10-12)

Preteens are doing more things on their own, including choosing their own friends who will have influence.

- Know your child's friends and meet their parents when possible.
- Be aware of where your child is and who they're with.
- Establish clear house rules regarding alcohol and drinking, whether in the home or outside of it.

At this age, children begin to understand the concept of actions and consequences. Discuss things like:

- Laws regarding alcohol – age limits, misuse, impaired driving.
- Responsible drinking – including parental expectations and moderation.
- Family history if it involves alcoholism.
- More detailed effects of alcohol use on the body, including:
 - Bad breath and body odour.
 - Slow brain activity.
 - Weight gain because it is high in calories.
 - Blurred vision because it affects the signal between eyes and brain.
 - Dehydration.
- A healthy liver can process about one standard sized drink per hour.
- Excessive use causes dizziness, headaches and loss of control.
- Excessive use kills brain cells over time (memory loss / brain damage).
- Excessive use can cause liver failure and possibly lead to a coma.
- Excessive use in the long term can kill liver cells and even cause liver cancer.