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How to Stop Underage Drinking

This is how to prevent underage students from drinking alcohol. Drinking alcohol can harm the body and your brain. That's why young people need to grow up alcohol-free. It takes adults in their community to help young people choose not to drink alcohol. You must talk to your kids and remain calm. Try to let them know that you are listening to them. Tell them what would happen if you drank underage. Everyone can work together to create a community where young people can grow up and feel good about themselves without drinking. Parents must take responsibility for their kids' health.

Everyone in the community should send the message that underage drinking is not okay. Families can help prevent it by staying involved in their children's lives. Parents need to pay attention to what's happening with their teens. Ask them why they are interested in drinking. It gets them to think about their future, what their boundaries are, and some of the consequences that come with it. Be around your child more instead of being out and not knowing what's going on with your child. Make sure you know who is around your kids. You can put your kids in activities outside of school to stop underage drinking. Watch your kids, some of them have fake IDs and the parents do not know. Ensure that your child knows that you disagree about their drinking. Do not shout at them when talking to them, it will make the situation worse. Stay calm, don't be too mean because I know you're going to be upset about it.

Do not have alcohol inside your fridge or outside for your kids to grab it. Stop having your family around kids drinking. A girl was drinking. She was about the same age as me and she got drunk when she was at a party and got very sick and fell out. She had to go to the hospital and died about two hours later. I felt very bad when that happened. That's why kids need to stop drinking underage. It can take your life away. Alcohol can make you do drugs. Also, it makes it easy for kids to share information about their lives. Do not let your kids attend parties with people drinking. Even at your house don't have your kids around grown folks, at least put them in a room by themselves but keep a watch on them. Also, when kids drink, they drink more than adults because they don't know what their limit is and when to stop. Communication is the most important thing to have with your child. Try to tell your kids that it's okay to share their thoughts and feelings about alcohol. Do not let your kids go with people that you don't know a lot about.

Drinking opens the door to a bad life. Also, drinking can make you have bad grades. Hanging around people who drink will make you start drinking. That's why You must stay away from the wrong people. Parents who give their kids sips of alcohol will make them start drinking more. Alcohol can have long-term effects. Drinking can lead to sexual assaults and rape. If you go out partying with your friends somebody can put alcohol poisoning into it. Don’t drink everything somebody gives you. If you start drinking at a young age, you will keep drinking it when you get older.

Help your kids have fun without using alcohol. Don't have your kids riding in cars with people who have been drinking alcohol, that is very dangerous. The younger the drinker the worse the problem. If underage kids go into the store and get alcohol the grown-ups should take it from them and tell the parents that sent them into the store. Drinking alcohol underage comes with a lot of consequences.

Another thing, drinking can mess with your nervous system. It can cause you to be depressed, can make you drink too much, and can slow your body functions down. Alcohol poisoning can cause death. Parents must eat dinner with their children regularly. Always care about your kids. Sometimes kids think that their parents don't love them. Surround your child with positive people. Alcohol can cause mixed emotions. It also can make you have hangovers, falls, high blood pressure, heart disease, stroke, liver disease, and digestive problems. People fight and act very crazy when they drink alcohol. Tell your kids what will happen if they drink alcohol. If somebody peer pressures you and tries to make you drink, tell them you don't want to and tell them to leave you alone. Teachers need to keep a watch on kids too. You will never know what they bring to school. When you drink alcohol, it messes with your moods. You could be irritated and defensive. Always keep a watch on them. Tell them drinking alcohol could be deadly.

Make the prices higher for drinking alcohol. To teach underage students to never do that. If you keep drinking it, you will be an alcoholic at a young age. A child's world could change in a slow period. Parents do not let their kids have that much free time. If your child has alcohol in your sight, take it from them so they won't get too attached. Some kids just drink alcohol to be cool around their friends. Kids can get arrested for drinking. You must be 21 or older to drink alcohol. It doesn't just affect the person who's drinking it, it affects the people around them too. Just like when people have car accidents, and they have other people in the car with them and they all die. Some kids don't tell their parents’ stuff. You might have to get it out of them another way instead of talking to them. Parents should smell their kids' breath. Check your kid's room to see if they're hiding alcohol. That's why all kids need to grow up alcohol-free.