



TALKING POINT #1 - *Nebraska has a problem.*

- According to a 2014 survey, 60% of Nebraska high school seniors reported drinking alcohol in their lifetime, and nearly 1/3 admitted to drinking alcohol within the past 30 days.
- The survey also found that 16% of Nebraska high school seniors had ridden in a vehicle driven by someone who had been drinking within the past 30 days.

TALKING POINT #2 - *Parents can make a difference.*

- Research studies show that parents have the strongest, most direct impact on whether or not their teens will become heavy drinkers.
- 83% of teens say parents are the leading influence in their decision to not drink alcohol.

TALKING POINT #3 - *There are four major parenting styles.*

- Authoritarian parents are very strict. They have rigid rules and expectations and show little warmth or nurturing.
- Permissive parents are lenient. They set few rules or standards of behavior and act more like a friend, rather than a parent.
- Uninvolved parents are emotionally detached. They have few or no expectations and show little warmth, love or affection.
- Authoritative parents are child-focused and balanced. They set clear expectations and boundaries but always from a standpoint of warmth and love.

TALKING POINT #4 - *There is a parenting style that works.*

- The authoritative style has been shown to significantly reduce the likelihood of teen drinking and other risky behaviors.
- Authoritative is kind of a mouthful, which is why we call it heart-to-heart parenting instead.
- Heart-to-heart parents display the following characteristics:
 - Listen to their children.
 - Encourage independence.
 - Set limits, consequences and expectations on their children's behavior.
 - Express warmth and nurturance.
 - Allow children to express opinions.
 - Encourage children to discuss options.
 - Administer fair and consistent discipline.

TALKING POINT #5 - *Visit TalkAboutAlcohol.org to learn more.*

- Take part in an interactive Q&A that highlights the heart-to-heart style, and read more in-depth information on all four parenting styles.
- Browse our collection of informative videos and downloadable PDFs, or take the opportunity to connect with Community Partners and other proven resources.