

cnsistency

The parenting style that works.



It's time for a heart-to-heart.

If you're a parent of a teen, you know there's a conversation you need to have about alcohol use. But how do you get started? Is there anything a parent can do that makes any real impact on teen drinking? There is. It's a parenting style that has been shown to reduce risky behaviors in teens, including binge drinking. Some call it authoritative parenting. We like to call it heart-to-heart parenting. Throughout this brochure, you'll find resources to learn and implement the parenting style that works.



Let's talk about alcohol, Nebraska.

According to the Nebraska Department of Health and Human Services (NDHHS), from 2007 to 2011, the prevalence of underage drinking among Nebraska youth rose 6% while the national rate fell 6%. Fortunately, recent findings suggest underage drinking among Nebraska youth is reflecting the national average. However, a problem still exists.

For example, according to a 2014 survey coordinated by the Nebraska Department of Education (NDE) and NDHHS, 60% of Nebraska high school seniors reported drinking alcohol in their lifetime, and 30% admitted to drinking alcohol within the past 30 days. Furthermore, 69% of respondents state it's easy for them to illegally obtain alcohol.

Even more troubling, when asked, 16% of Nebraska high school seniors admitted to riding in a vehicle driven by someone who had been drinking within the past 30 days – this, despite the fact that 96% of those high school seniors agreed that driving after drinking alcohol is wrong.



Warmth



Communication



Control



Expectations

Parenting with a heart.

For nearly 30 years, psychologists have agreed on four major styles of parenting—authoritative, permissive, authoritarian and uninvolved. Of the four, only one has been shown to reduce teen drinking and other risky behaviors. Authoritative parenting, or heart-to-heart parenting as we like to call it, is based on setting clear expectations, clear boundaries and consistent consequences, but always from a standpoint of warmth, listening and love.



Authoritative

The authoritative parenting style, or as we call it, the heart-to-heart style, can be best described as “demanding and responsive.” Employing a child-centered approach, authoritative parents encourage their teen’s independence while at the same time teaching them responsibility. Authoritative parents show high levels of warmth, encourage frequent and honest two-way communication, exercise control and fair discipline, and set clear expectations. Teens raised with the heart-to-heart parenting style are least likely to participate in heavy drinking.



Permissive

Sometimes referred to as indulgent or lenient parenting, the permissive parenting style can be best described as “responsive, but undemanding.” Utilizing a friend-first approach, permissive parents avoid confrontation, allow immature behavior and make few, if any, demands upon their children. As a result, this parenting style is often characterized by low expectations and little discipline. Teens raised with the permissive parenting style are 3x more likely to participate in heavy drinking.



Authoritarian

Sometimes referred to as strict parenting, the authoritarian parenting style can be best described as “demanding, but unresponsive.” Obedience-oriented, authoritarian parents have high expectations for their children and set very strict rules that they believe their children should accept—without question. This parenting style is often characterized by harsh, punitive parenting methods. Teens raised with the authoritarian parenting style are 2x more likely to participate in heavy drinking.



Uninvolved

Sometimes referred to as neglectful, detached or hands-off parenting, the uninvolved parenting style can be best described as “unresponsive and undemanding.” Uninvolved parents have little emotional involvement with their children. In fact, aside from providing basic needs like food and shelter, uninvolved parents are mostly absent from their children’s lives. This parenting style is characterized by an overall lack of love and supervision. Teens raised by uninvolved parents are 4x more likely to participate in heavy drinking.

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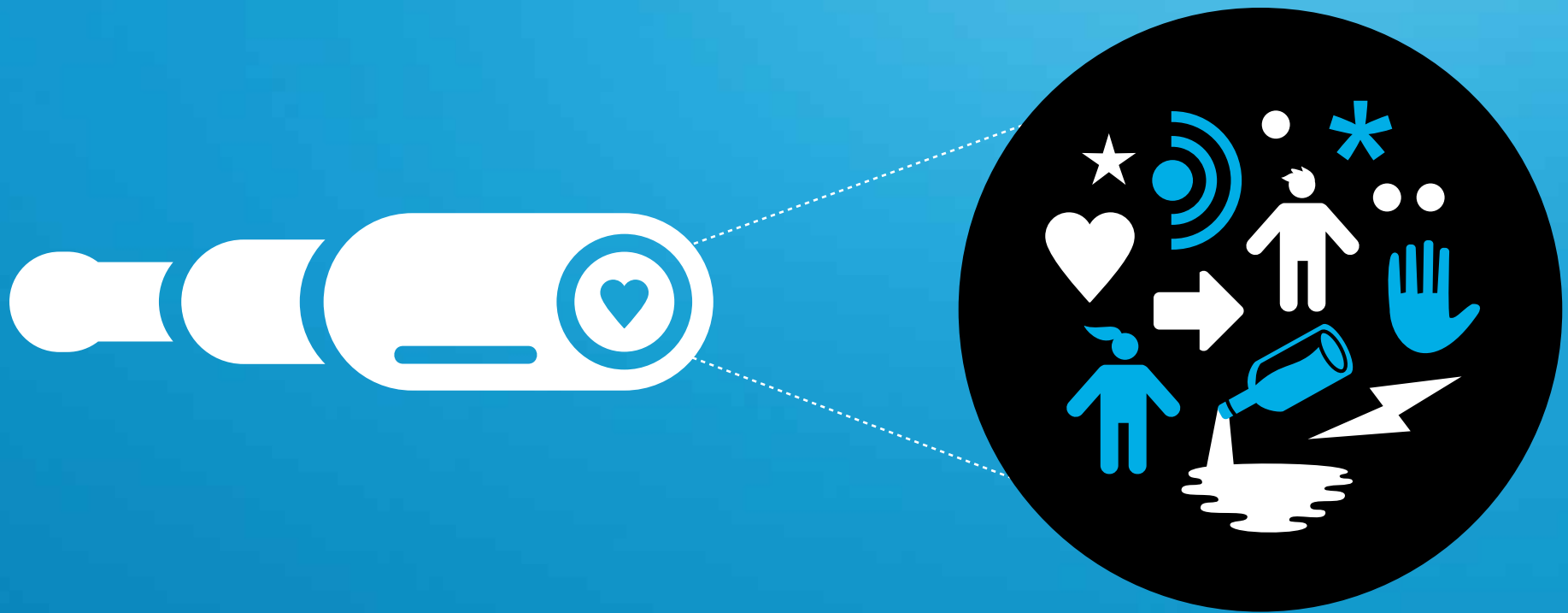
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Spotlight on heart-to-heart parenting.

The results are in. Countless studies have shown that teens raised with the heart-to-heart parenting style are less likely to engage in risky behaviors, including binge drinking, and more likely to live happier, healthier lives.



Discover the heart-to-heart style at [TalkAboutAlcohol.org](https://www.talkaboutalcohol.org)

Did you know that teens raised with the heart-to-heart parenting style are more likely to have non-drinking friends than teens whose parents utilize one of the three other parenting styles? Or that teens raised by authoritative parents are least likely to participate in risky behaviors, including binge drinking—even if their friends do drink?

To learn more about these, and other encouraging truths about heart-to-heart parenting, visit [TalkAboutAlcohol.org](https://www.talkaboutalcohol.org). While you're there, be sure to take part in the Heart-to-Heart Journey, a quick, interactive module featuring some real-world scenarios that highlight the heart-to-heart style.



The heart of the matter.

It's time to face the hard facts, Nebraska: Teen drinking is not everybody else's problem—it's our problem. But we can solve it.

Visit TalkAboutAlcohol.org or call 402.441.3807 to learn how you can help your teen resist underage drinking and other risky behaviors. Plus, find out how you can get involved with local community groups and leaders fighting to stop teen drinking in Nebraska and beyond, once and for all.

Lancaster Partnership for Success

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TalkAboutAlcohol.org