# Parental Communication



## Talk to your kids about alcohol.

Youth who think adults should talk to them about alcohol are 3x less likely to drink. 81% of Minnesota students agree that parents and other adults should clearly communicate with their children about the importance of NOT USING ALCOHOL

# They will listen.

#### 9 out of 10

Minnesota students say their parents would think it's "wrong" or "very wrong" for them to drink.



## **Communication is a key protective factor.**

Minnesota students can talk about the problems they are having "some" or "most" of the time to their parents:



Students who can talk to their mother and/or father about problems they are having are:

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2x less likely to use **ALCOHOL** in the past month



**3x less likely to misuse PRESCRIPTION DRUGS** in the past month

3.5x less likely to report SUICIDAL IDEATION in the past year

Data are based on 2013 Minnesota Student Survey responses from 8th, 9th, and 11th graders. Infographic developed for and funded by the Minnesota Department of Human Services, Alcohol and Drug Abuse Division. Created by EpiMachine and ilindgrendesign. For more data on Minnesota's youth, visit <u>www.sumn.org</u>.