



Graduation

Graduation is a time to celebrate. But before your high school seniors begin their parties, take the time to talk with them about keepalf you are asked to explaipl—and risking an alcohol-related traffic crash—or making unwise decisions about sex.



- » Aggression can increase, potentially leading to everything from verbal abuse to physical fights.
- » Coordination and physical control are also impacted. When drinking leads to loss of balance, slurred speech, and blurred vision, even normal activities can become more dangerous.

- » Consuming a dangerously high amount of alcohol can also lead to alcohol overdose and death. When people drink too much, they may eventually pass out (lose consciousness). Reflexes like gagging and breathing can be suppressed. That means people who have had too much alcohol could vomit and choke, or just stop breathing completely. Vulnerability to overdose increases if the teen is already on a sedative-hypnotic (such as Valium, Xanax, or Benadryl) or pain medication.

Think About It!

Drinking to celebrate graduation can result in vandalism, arrests, sexual assaults, injuries and trips to the emergency room, alcohol-related traffic crashes, and worse. Drinking by teens can put them—and their friends—in real danger. Ask them to consider this question: Is that any way to celebrate?

Talk With Your Graduate

It is critical to talk with your graduate because research shows that parents do make a difference. By serving as a positive role model, talking with other parents and your teens, supervising parties to make