

# Peers: How Do I Fit In?

*Many pre-teens and teens feel pressure to fit in with their peers and be part of a group. Youth might perceive that alcohol is part of that scene or use could be expected of them. Parents know there is enough drama and emotion throughout adolescence without alcohol getting into the mix!*

*In your continuing conversations, keep sending the message that drinking alcohol underage is illegal, and you expect them not to drink. Give a voice to your expectations. You don't have to cover everything about the topic at once; it's better as an ongoing dialogue than a one-time talk.*

- ★ *Alcohol can cause embarrassing situations they would not otherwise get into.*
- ★ *Friends and other relationships, like being a teammate, are important during the teen and pre-teen years. Alcohol can change behaviors, ruining relationships and reputations.*
- ★ *With your support and encouragement, each teen has their "why" they choose not to drink alcohol. Teens are trying to express themselves in unique and creative ways. Help let their light shine and find their "why."*

Source: <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

**KEEP  
SHOWING  
UP**

**They're Still Growing Up**



Iroquois - Kankakee  
**IRK**  
Regional Office of Education