



Red Ribbon Celebration

College Initiative to Reduce
High Risk Drinking

Ohio Resource Network
Clearinghouse

Statewide Prevention
Coalition Association

Parents Who Host, Lose The Most:
Don't be a party to teenage drinking

Ohio Center for
Coalition Excellence

Know!

Youth Philanthropy
Council

www.DrugFreeActionAlliance.org

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KNOW! TO TALK ABOUT YOUR FAMILY HISTORY

(Columbus, OH) – It is common to talk about having an increased risk for diseases based on heredity, such as heart disease, cancer, and diabetes. Based on our knowledge of family history, we can then make lifestyle choices to reduce our risk of developing these diseases. For example, to protect against heart disease, we may exercise more, be particular about our diets, monitor our blood pressure and cholesterol, and not smoke. However, even those with no family history may develop heart disease if poor choices about diet, exercise and tobacco use are made.

Alcoholism develops in much the same way, with family history and drinking choices playing key roles. If your family has a history of alcoholism, talk with your child about the increased likelihood of developing the disease and how it can be prevented. According to the American Academy of Child and Adolescent Psychology website, “Alcoholism runs in families and children of alcoholics are four times more likely than other children to become alcoholics.”

Know! to talk to your child about your family’s history.

- If there is a history of alcoholism, talk frankly with your child. Remember, just because a child has witnessed the negative effects of alcoholism, the child may believe she is “stronger” and won’t have that problem—logic that is not used with heart disease and cancer but is commonly heard with alcoholism.
- Set rules. Let your child know that drug and alcohol use is unacceptable and that these rules are set to keep him or her safe.
- Establish consequences for breaking rules and be ready to enforce these punishments if necessary.
- Praise and reward good behavior for compliance. Encourage your child with small rewards along the way will help reinforce desired behaviors.

“Parents take great care to talk to their child about family history when it comes to health care. Parents should remember to also discuss family history of substance abuse with their child, letting them know their potential risk factors,” Drug-Free Action Alliance Executive Director Patricia Harmon said.

Know!, empowers parents to raise their children to be substance-free, is a program of Drug-Free Action Alliance with funding from the United Way of Central Ohio. More information about **Know!** is available at www.HelpThemKnow.com. [Drug-Free Action Alliance](http://www.Drug-FreeActionAlliance.org) is a statewide non-profit that provides leadership to promote safe and drug free communities throughout Ohio.

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