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Prevention of Teenage Drinking and Driving

There are a lot of regulations in the United States that state that the consumption of Alcohol is illegal for teenagers. So, it is not a surprise that it is now the biggest cause of death in teenage (CDC). Even though the teenage have excellent reflexes, Alcohol still impairs most of their driving skills and slows down their reaction time and blurs their vision. Thankfully, parents can exercise several measures of control on their teenage children so that such a situation is avoided and precious lives are saved. Ground-rules must be conveyed by the parents regarding the consumption of alcohol. It should be strictly explained that the consumption of alcohol is banned for anyone under the age of twenty-one. Furthermore, the risks of drinking should be explained as well by the parents for the sake of safety for their children. But the duty of the parents does not end there. They should teach their children the ability to handle peer pressure and the sudden swing of emotions that are very common in teenage (Van Dijk MSW). Avoid drinking in front of your teenage children in you can help it as mentioning alcohol as a joke in front of your children. Keep alcohol away from the reach of your teenage children, so that any bright ideas do not come in their heads. Keep your children under a watchful eye, always have the knowledge of your child's whereabouts and get to know your children’s friends so that they do not fall into evil ways. Also, keep in contact with the parents of your child's friends in case of serious emergencies. Consoling sessions with your children help as well. Most parents do not give their children enough time which makes them attracted to drinking. Every life is precious and these slight measures by the parents can help save the life of their children, as well as other people's children.

# Works Cited

CDC. "Teen Drinking and Driving: A Dangerous Mix." 2012.

Van Dijk MSW, Sheri. *Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts*. Instant Help, 2011.