



Department of Health  
Agency of Human Services



## ParentUp! – New YouTube Videos Help Parents Talk with their Kids about Alcohol

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BURLINGTON, VT – Four new YouTube videos that show-and-tell parents how to talk to their kids about alcohol are now ready for viewing.

Go to [ParentUpVT.org](http://ParentUpVT.org) or the Health Department's [Facebook page](#) or [YouTube channel](#).

The **videos** – Talking with Your Middle-schooler about Alcohol, Talking with Your Teen about Alcohol, Warning Signs of Underage Drinking, and Underage Drinking: Risks for Parents – were created as part of the Health Department's ParentUp! campaign.

Nearly 20 percent of children try alcohol before the age of 13, and young people who drink before age 14 are seven times more likely to develop an addiction to alcohol.

“The earlier you talk about alcohol with your child, the better,” said Breena Holmes, MD, maternal and child health director for the Vermont Department of Health, who appears in the videos. “Our overall message to parents is: we know it can be a difficult discussion to initiate, but you can and should do it.”

Starring in the videos are experts and coalition leaders from around the state: Margo Austin of Connecting Youth (Chittenden South); Tina Coltey, Rutland Area Prevention Coalition; Chief Robert Edwards, Dover Police Department; Chessy Kelley, Addison County Prevention Partnership; Mike Reiderer, Boys and Girls Club of Greater Vergennes; Annie Ramniceanu, Spectrum Youth and Family Services; and Mariah Sanderson, Partnership for a Healthy Community.

ParentUp! supports 29 Vermont community coalitions and is funded by the Substance Abuse & Mental Health Services Administration of the U.S. Department of Justice.

Visit the Health Department at [healthvermont.gov](http://healthvermont.gov), see our videos on [YouTube](#), follow us on [Twitter](#) and join us on [Facebook](#) for health information and alerts.

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