

APRC: Parental Provisions of Alcohol Webinar

The Alcohol Policy Resource Center (APRC) is excited to welcome back Dr. Jason Kilmer, along with Dr. Amelia M. Arria, for the Reducing Risks for [Adolescent Substance Use: Practical Strategies to Help Parents and Guardians](#) webinar. The webinar will take place on Tuesday, February 24, from 10:00 a.m. to 11:30 a.m. (Central).

Parents are often the top source of alcohol for their teens. This webinar will share how prevention specialists and coalitions can reduce parental access to alcohol by highlighting the research around:

- Parent attitudes and behaviors
- Parental disapproval of substance use
- Modeling healthy behaviors and healthy ways of managing moods
- The importance of not providing alcohol and hosting parties

Dr. Kilmer and Dr. Arria will discuss important alternatives for parents, including how to set clear boundaries and have healthy and constructive ongoing conversations. They will also share why it's important for parents to be vigilant regarding peer relationships, how to watch for and act on early signs of disengagement, and how to facilitate help-seeking.