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News for Darien

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'What NOT to Teach Your Teen' About Drinking: Hear from an Expert Wednesday Night, Nov 11

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Categories : [Healthy Living](#), [Parents & Kids](#)

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Date : November 3, 2019

Every parent wants to send their child off to college fully prepared. You teach them how to do laundry, how to budget time and money, and how to navigate tricky roommate situations. What NOT to teach your teen? How to drink.

On Wednesday, Nov. 11, from 7 to 8 p.m., Dr. Rob Turrisi, a professor at Pennsylvania State University and author of A Parent Handbook for Talking with Students About Alcohol, will give a talk titled "What NOT to Teach Your Teen."

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— an announcement from [the Depot Darien Youth Center](#)

Dr. Turrisi will share his research concerning the misconception that “teaching” teens how to drink prepares them for college and helps them learn to drink more responsibly. Recent studies show that fewer alcohol-related problems develop for every year that students delay drinking.

He will explain why talking to your teen about alcohol use is the most effective strategy to moderate drinking. His publication, *A Parent Handbook for Talking with Students About Alcohol* will be given to program attendees.

The handbook has been vetted by the Surgeon General’s Report and deemed an effective way to prevent student alcohol drinking and consequences by the National Institute on Alcohol Abuse Registration. Registration encouraged: www.ywcadn.org/drinkingprevention.

This program is co-sponsored by The Community Fund of Darien, The Depot Youth Center, The Darien Library and YWCA Parent Awareness. It is supported by The Thriving Youth Task Force and the Town of Darien