

# Parent Talk with Paul: *Teens and Alcohol*

THURSDAY, AUGUST 5 AT 12:00 P.M.

**ALMOST HALF OF TEENS** report having tried alcohol by the time they were 14 years old.

(teens.drugabuse.gov, 2020)

How does alcohol affect brain development?  
What kinds of conversations should parents have with their children and teens about alcohol?

Good news is that more than 80 percent of those ages 10-18 say their parents are the leading influence on their decision whether to drink.

(samhsa.gov, 2020)



*Paul Cook*

**Hear about Paul's personal journey with addiction.  
Learn how parents can talk to their child(ren) about alcohol.**

**PAUL COOK** was born in St. Louis and 15 years ago he made it a lifelong mission to share his experience and deeply tested philosophy of recovery as a speaker, author, sober coach, and radio/TV personality.

Paul is author of "Cooked in LA," which was recipient of the Gateway Award from the National Council on Alcoholism and Drug Abuse. The book details three years of Paul's life working in the broadcasting industry while self-medicating sudden anxiety and depression.

Paul will be hosted by **ALISON DONOHO** and **MIKE LUTHER**, community health specialists at Chestnut. They lead prevention efforts including decision making, communication, goal setting, relationships, substance use disorders, and stress management. Both are involved in community coalitions addressing prevention and substance use.