

# ALCOHOL & FOOTBALL

For further Information & support:  
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As the cooler weather comes in, the leaves begin to change, and we exchange our sandals on beaches for boots and Pumpkin Spiced Lattes, football becomes the topic of many conversations. Families gather, wearing their paraphernalia, rooting for “their team”, and enjoying a nice cold beer. Adults may do this within the safety and confines of their own home, while sitting on the couch after a relaxing Sunday morning. When teens see this regularly, they may associate alcohol with football. They attend their school’s football game, it’s their night out with friends, and the close association between football and alcohol has already been established for them.

The media shows ads from various companies showcasing their ice-cold brew, with the stereotypical masculine man at a bar, appearing cool. When adults attend in-person games, tailgating isn’t an option, it’s mandatory to have the full experience. When teens meet up before attending football games, pre-gaming may be something they consider.

Alcohol.org states that people who watch games at viewing parties average 7 drinks and those who tailgate average 8 drinks. In a country that values football and has connected football to the consumption of alcohol, why wouldn’t teens do the same? If your student is old enough to attend football games, they’re old to have conversations about alcohol safety.

## Tips

- 1) Establish clear and consistent boundaries “I will not tolerate...”.
- 2) Explain why adults drink and adolescents are not allowed to drink.
- 3) Do not exaggerate.
- 4) Set a desired outcome for the conversation: what do you want your teen to understand before you get into the heavy convo?

## Resources

FCPS video on Alcohol, Tobacco, and Other Drugs:

### Parent Video

For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness at: (571) 423-4270.