

ALCOHOL & FOOTBALL



As the cooler weather comes in, the leaves begin to change, we exchange our sandals for boots and Pumpkin flavored favorites, and football becomes the topic of many conversations. Families gather one or more times a week, wearing sport paraphernalia to root for “their team”, often enjoying an alcoholic beverage. Adults may have these interactions in the safety and confines of their own home, at a friend's house, or in a noisy establishment with televisions and a bar. When this routine becomes a habit seen by teens regularly, they may begin to associate alcohol with football. So, when they attend their school’s football game, it’s now their night out with friends, and the close association between football and alcohol has already been established for them.

Media ads from various companies showcase their ice-cold brew options with stereotypical attractive people at a bar, appearing cool. When adults attend in-person games, tailgating seems mandatory as part of the full experience. When teens meet up before attending football games, pre-game drinking may be something they consider.

Alcohol.org states that people who watch games at viewing parties, average consumption of 7 drinks and those who tailgated averaged 8 drinks. In a country that values football and has connected football to the consumption of alcohol, it’s easy to see how teens may be conditioned to do the same. If a student is old enough to attend football games, they’re old to have conversations about alcohol safety.

Here are some tips to help:

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

Resources

FCPS video on Alcohol, Tobacco, and Other Drugs

https://dl.ebmcdn.net/fcps/courses/ATODParentPresentationRequired103119b/story_html5.html

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

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