

**i talk**  
they hear you®



# BEFORE SHE MAKES PLANS WITH FRIENDS...

**Establish some family rules for social and extracurricular activities.**

Kids don't always have all the facts when it comes to alcohol and other drugs. Talk with your child about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit

**[www.underagedrinking.samhsa.gov](http://www.underagedrinking.samhsa.gov)**

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Substance Abuse and Mental Health  
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