



i talk
they hear you®

FIND NEW WAYS TO TALK AS SHE GETS OLDER.

Use everyday moments to have a conversation about alcohol and other drugs.

Explain why underage drinking and substance use are dangerous—not just because you say so, but because they can significantly impact your child’s happiness, health, and safety. For tips on how—and when—to begin the conversation, visit

www.underagedrinking.samhsa.gov

#TalkTheyHearYou

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SAMHSA
Substance Abuse and Mental Health
Services Administration