



**i talk**  
they hear you®

## **CHOOSE INFORMAL TIMES TO TALK AS SHE GETS OLDER.**

**Look for new opportunities to start a conversation about alcohol.**

Having frequent talks with your child in a safe environment will show that you care and foster a more open and honest dialogue about the risks of underage drinking. For tips on how—and when—to begin the conversation, visit

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

**#TalkTheyHearYou**

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**SAMHSA**  
Substance Abuse and Mental Health  
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