



i talk
they hear you®

HELP YOUR CHILDREN GROW.

Spend time together to show you care about your child's health, wellness, and success.

Young people are more likely to listen when they know you're on their side. Explain why you don't want your child to drink or use other drugs—not just because you say so, but because you want your child to be happy and safe. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SAMHSA

Substance Abuse and Mental Health
Services Administration