

A woman in a U.S. Army uniform is sitting in the driver's seat of a car, looking towards a man whose back is to the camera. She is gesturing with her hands as if in conversation. The car's interior is visible, including the steering wheel and door panel. The background shows trees and sunlight.

i talk
they hear you[®]

IT CAN BE HARD TO GET HIS ATTENTION.

While you're dropping off your child, discuss a plan to help him avoid alcohol and other drugs.

Talk with your children about what to do if they are faced with a decision about alcohol and other drugs, such as texting a code word to a family member. Practice the exit plan in a safe environment. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SAMHSA

Substance Abuse and Mental Health
Services Administration