

i talk
they hear you®



SHE WANTS TO HANG OUT WITH FRIENDS OUTSIDE OF SCHOOL.

Help her plan to resist peer pressure.

Fifty-three percent of people ages 12 to 17 got prescription pain relievers from a friend or relative. Talk to your children about having an “exit plan” if they are offered prescription pain relievers that don’t belong to them. Having a plan to avoid drug misuse can help children make better choices. For tips on how—and when—to begin the conversation, visit:

www.underageddrinking.samhsa.gov



SAMHSA

Substance Abuse and Mental Health
Services Administration