



BE THEIR COACH THROUGH LIFE.

Look for ways to start conversations about alcohol and other drugs.

Be prepared to talk with young people about the risks and dangers of underage drinking and other drug use. Show that you care about their health, wellness, and wellbeing by answering their questions and providing support. For tips on how—and when—to begin the conversation, visit talktheyhearyou.samhsa.gov



#TalkTheyHearYou

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SAMHSA
Substance Abuse and Mental Health
Services Administration