



**i talk**  
they hear you®

## **BEFORE SHE HITS THE PRACTICE FIELD...**

**Find out if she has questions about alcohol or other drugs.**

Show young people you care and help discourage risky behaviors by talking with them about the dangers of using alcohol and other drugs, such as marijuana and prescription pain medication. 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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