



i talk
they hear you®

BEFORE THEY MAKE PLANS WITH FRIENDS...

Establish some family rules for social and extracurricular activities.

Young people don't always have all the facts when it comes to alcohol and other drugs. Talk with your children about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit

www.underagedrinking.samhsa.gov

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SAMHSA

Substance Abuse and Mental Health
Services Administration