

i talk
they hear you[®]



BEFORE DROPPING HER OFF AT THE PARTY...

Create an “exit plan” to help her make good choices.

Talk with your child about what to do when faced with a difficult decision about alcohol. Come up with a plan together to avoid drinking, such as texting a code word to a family member or practicing how to say “no thanks” in a safe environment. 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