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they hear you[®]

IT CAN BE HARD TO GET HIS ATTENTION.

While you're dropping off your child, discuss a plan to help him avoid alcohol and other drugs.

Talk with your children about what to do if they are faced with a decision about alcohol and other drugs, such as texting a code word to a family member. Practice the exit plan in a safe environment. For tips on how—and when—to begin the conversation, visit:

www.underagedrinking.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration