



Dinner time.

A perfect moment to talk about alcohol.

An alarming number of pre-teens are drinking alcohol — which makes it urgent to find every opportunity to talk to your kids about the dangers of underage drinking. For tips on how — and when — to begin the conversation, visit:

www.underagedrinking.samhsa.gov

i talk
they hear you



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Substance Abuse and Mental Health Services Administration
www.samhsa.gov • 1-877-SAMHSA-7 (1-877-784-4737)