



**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](http://www.underagedrinking.samhsa.gov)

**talk**  
they hear you



DEPARTMENT OF HEALTH & HUMAN SERVICES - USA



Substance Abuse and Mental Health Services Administration

**SAMHSA**

[www.samhsa.gov](http://www.samhsa.gov) • 1-877-SAMHSA-7 (1-877-726-4727)