



# 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)

**i**talk  
they hear you



Substance Abuse and Mental Health Services Administration  
**SAMHSA**  
[www.samhsa.gov](http://www.samhsa.gov) • 1-877-SAMHSA-1 (1-877-385-4772)