

IT STARTS WITH YOU THE INFLUENCE THAT PROTECTS

Talk, They Hear You



1

Prepare for pressure

Practicing how to say no, going to events with trusted friends, and having a plan to leave uncomfortable situations can reduce risk. Knowing they can always call a parent or trusted adult for help gives teens a safe way out.

2

The real risks of underage drinking

Alcohol is the most used substance among teens, and early use can lead to injuries, risky decisions, and long-term health consequences. Because the teen brain is still developing, alcohol can have a stronger and more lasting impact at younger ages.

3

Build a plan together

Checking in regularly, listening without judgment, and creating a plan for tough situations helps teens make safer choices. Connecting with other parents to align expectations also strengthens protection across the community.



Cigarette and alcohol use among teens are often linked, with concurrent use reported in around 30% of adolescents.



NATIONAL HELPLINE
FOR PARENTS
(1-800-THE-KIDS)

Parents Empowered



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