

# EMPATHY, NOT JUDGMENT

## TALKING SAVES LIVES

Talk, They Hear You

1

Stress the importance of active listening and two-way communication

Ongoing conversations lead to lower rates of underage drinking and better decision-making

2

Teens are more likely to talk about topics like alcohol if they feel heard, not judged

Adolescents who feel they can talk to their parents about anything are 42% less likely to engage in risky behaviors, including drinking and smoking

3

Teens are more influenced by parental attitudes than peer pressure

Teens with strong parent-child communication are 40% less likely to misuse alcohol and 50% less likely to engage in binge drinking

**talk**  
they hear you®



**PARENTS WHO HOST LOSE THE MOST**



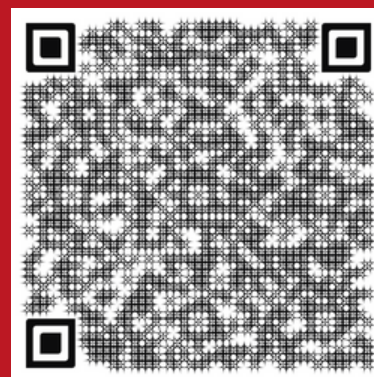
Alcohol is the most commonly used substance among teens in the U.S.

By age 15, about 1 in 3 teens has tried alcohol. By age 18, that number jumps to about 2 in 3.

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

**April is Alcohol Awareness Month**

National Institute on Alcohol Abuse and Alcoholism



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