

# PREVENT PROTECT EMPOWER

Talk, They Hear You

1

## Encourage proactive conversations

They can prevent risky behaviors and empower young people to make good choices

2

## Keep lines of communication open

Ask your child about alcohol. What do they know? Do their friends drink? Do they feel pressured to drink when out with friends?

3

## Be a good role model

If you drink, make sure to set a good example of moderation and making healthy choices

**i**talk  
they hear you®



**PARENTS WHO  
HOST LOSE  
THE MOST**



**4,358 people under  
21 die from alcohol  
related deaths  
every year**

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

**Prevention Action Alliance**

