

YOUR WORDS MATTER MAKE YOUR TALK COUNT

Talk, They Hear You

1

Teens with emotionally available caregivers show less secrecy and higher emotional regulation

With better emotional control, teens are less susceptible to peer pressure or using substances like underage drinking as a coping mechanism or thrill-seeking behavior

2

Cultivate an environment of open communication

To foster open communication, casually inquire about your teen's school life, friendships, and future plans. Additionally, equip yourself with the facts on underage drinking to effectively discuss its harmful effects on young people

3

Be present- know where your child is and what they're doing

Regular check-ins and unexpected drop-byes can deter risky behavior by reminding your teen that you're engaged and aware

i talk
they hear you®



**PARENTS WHO
HOST LOSE THE
MOST**



Teens who begin drinking before age 15 are 5 times more likely to develop alcohol use disorder as adults.

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

WeDon'tServeTeens.org

