

# SECURE BEGINNINGS SAFE FUTURES

Talk, They Hear You

1

## Respectful engagement encourages openness

When teens feel respected and not dismissed, they are more likely to engage in conversations about sensitive issues such as peer pressure, alcohol use, and mental health

2

## Start early and keep it ongoing

Start talking to your child about alcohol around age 9. This is when they begin forming perceptions about drinking. Regular, brief conversations are more effective than a single, extensive talk

3

## Be honest and age-appropriate

Explain that alcohol impairs judgment and coordination, and that underage drinking can harm brain development



**PARENTS WHO  
HOST LOSE THE  
MOST**

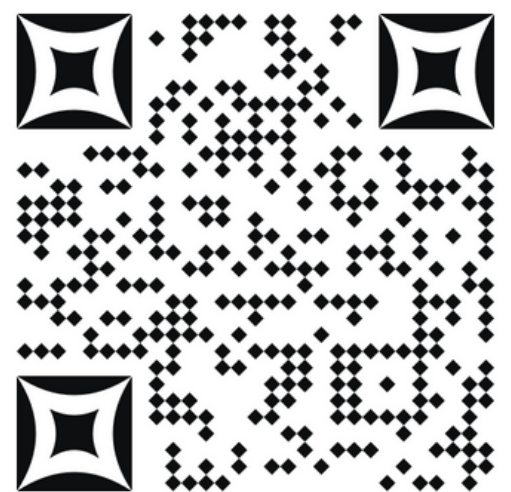


**Alcohol kills more teenagers than all other drugs combined.**

**It is a factor in the three leading causes of death among 15 to 24-year-olds: accidents, homicides and suicides**

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

**Mothers Against Drunk Driving**



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