

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

