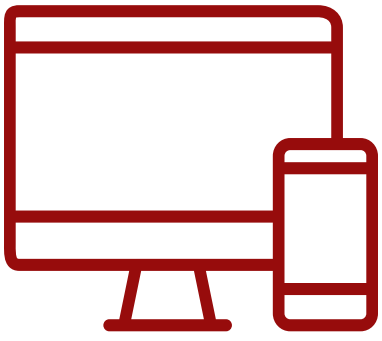
talk
they hear you®

Talk, They Hear You. is a parent base prevention program created by SAMHSA to address underage drinking and use of other drugs in teens and adolescence.

80%

of teens feel their caregivers have a say in whether they should get to drink alcohol



SAMHSA also developed an app for your smart phones and desktop to let you practice talking to your young person about alcohol. Download it today and start the conversation!



Talk, They Hear You. is an evidence based, nation wide program. It focuses on two sided conversations between caregivers and young people to help build confidence in their ability to say no to alcohol and other drugs.

Scan the QR code for more information, PSAs, tips and links on the SAMHSA website.

Talk, They Hear You. provides parents with practical pointers for having productive conversation, such as the 5 Conversation Goals.

5 Conversation Goals

- Goal #1: Show your disapproval.
- Goal #2: Show you care.
- Goal #3: Show you're a good source of information.
- Goal #4: Show you're paying attention.
- Goal #5: Build your young person's skills to avoid use.

For more information, contact your local Regional Prevention Center