

**Earbuds
out.**

**Phone
down.**

**T.V. on
mute.**



**Meaningful
Moments**

It takes focus to talk to your teen about things that matter, such as avoiding underage alcohol use. **Be intentional.** Stop what you're doing and listen to your teen. Brainstorm moments you can talk with your teen about not drinking underage:

1. _____

2. _____

3. _____

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www.niaaa.nih.gov/publications/brochures-and-fact-sheets/underage-drinking

