



## RULES/GOALS

RESEARCH SHOWS THAT TALKING TO PARENTS, COACHES, TEACHERS, OR OTHER TRUSTED ADULTS CAN HELP PREVENT UNDERAGE DRINKING, BUT STARTING THOSE CONVERSATIONS CAN FEEL TRICKY OR AWKWARD.

"CAN WE TALK?" IS A COLLECTION OF CONVERSATION STARTERS DESIGNED TO HELP TEENS HAVE HONEST CONVERSATIONS ABOUT UNDERAGE DRINKING WITH THE TRUSTED ADULTS IN THEIR LIVES.

**Randomly select a card** - some of them put a question to an adult and some ask you as a teen to reflect on your thoughts and experiences.

**Ask follow-up questions** as you feel comfortable.

**Keep the cards handy** to keep the conversation going whenever you're ready.

**Scan the QR Code** on each card for more information on our website - [talkitoutnc.org](http://talkitoutnc.org)

I'VE NOTICED THAT ALCOHOL SEEMS TO BE EVERYWHERE—AT PARTIES, ON SOCIAL MEDIA, AND IN MOVIES.

HOW MANY TEENS ARE ACTUALLY DRINKING ALCOHOL?

GET THE FACTS



HOW CAN I AVOID GIVING IN TO THE PRESSURE TO DRINK ALCOHOL?

READ OUR BLOG



HOW DOES DRINKING AFFECT DECISION MAKING?

READ OUR BLOG



WHAT'S SOMETHING I'VE HEARD OR SEEN ABOUT DRINKING ALCOHOL AMONG TEENS MY AGE?

GET THE FACTS



HOW CAN UNDERAGE DRINKING AFFECT MY FUTURE GOALS OR DREAMS?

EFFECTS OF ALCOHOL



HOW CAN I SAY "NO" TO UNDERAGE DRINKING WITHOUT FEELING AWKWARD OR LIKE I'M MISSING OUT?

READ OUR BLOG



WHAT ARE THE LEGAL  
CONSEQUENCES OF  
UNDERAGE DRINKING?

READ OUR BLOG



HOW CAN I FEEL  
CONFIDENT SAYING  
"NO" WHEN EVERYONE  
AROUND ME SEEMS TO  
BE SAYING "YES"?

READ OUR BLOG



WHAT SHOULD I DO IF I  
NOTICE A FRIEND IS  
STRUGGLING WITH ALCOHOL?  
HOW CAN I HELP THEM?

READ OUR BLOG



WHAT SHOULD I DO IF I  
EVER FEEL PRESSURED TO  
DRINK ALCOHOL AND NEED  
AN EASY WAY TO GET OUT  
OF A STICKY SITUATION?

READ OUR BLOG



IF I EVER GOT INTO A  
SITUATION WHERE I WAS  
BEING PRESSURED TO  
DRINK ALCOHOL AND  
ASKED YOUR ADVICE,  
WHAT WOULD YOU SAY?

GET THE FACTS



IF I SAW A FRIEND  
CHOOSING TO DRINK  
ALCOHOL, WHAT COULD  
I DO TO HELP THEM  
START SAYING "NO"?

CONTINUE THE  
CONVERSATION



THE CULTURE AROUND  
DRINKING ALCOHOL IN  
COLLEGE CAN BE DIFFERENT  
THAN IN HIGH SCHOOL.  
HOW CAN I DEAL WITH  
ADDED PRESSURES IN  
COLLEGE AND STAY SOBER?

READ OUR BLOG



I WANT TO BE ABLE TO  
TALK TO YOU ABOUT  
ALCOHOL WITHOUT  
FEELING JUDGED.  
WHAT CAN WE DO TO  
MAKE THAT EASIER?

READ OUR BLOG



WERE YOU CURIOUS ABOUT TRYING ALCOHOL WHEN YOU WERE MY AGE?

WHAT CAN YOU REMEMBER ABOUT HOW YOU FELT ABOUT PEER PRESSURE AND UNDERAGE DRINKING BACK THEN?

CONTINUE THE CONVERSATION



SOMETIMES, I FEEL LIKE MY CLASSMATES DRINK ALCOHOL TO DEAL WITH STRESS.

WHAT ARE SOME HEALTHIER WAYS TO COPE WHEN THINGS GET TOUGH?

READ OUR BLOG



CAN YOU SHARE A TIME WHEN YOU LEARNED AN IMPORTANT LESSON ABOUT PERSONAL RESPONSIBILITY?

READ OUR BLOG



HOW DID YOU MAKE DECISIONS ABOUT PEER PRESSURE WHEN YOU WERE YOUNGER?

READ OUR BLOG



HOW DOES ALCOHOL SPECIFICALLY AFFECT THE DEVELOPING TEENAGE BRAIN AND BODY?

EFFECTS OF ALCOHOL



WHAT ARE THE POTENTIAL LONG-TERM CONSEQUENCES OF STARTING TO DRINK AT A YOUNG AGE?

EFFECTS OF ALCOHOL



WHAT WAS YOUR HIGH SCHOOL EXPERIENCE LIKE WHEN IT CAME TO ALCOHOL?

HOW DID THOSE EXPERIENCES SHAPE YOUR VIEWS ON UNDERAGE DRINKING?

CONTINUE THE CONVERSATION



ARE THERE SOME THINGS THAT WE CAN DO TO MAKE US FEEL MORE COMFORTABLE TALKING HONESTLY ABOUT UNDERAGE DRINKING?

READ OUR BLOG



WHAT ARE SOME MYTHS ABOUT UNDERAGE DRINKING?

GET THE FACTS



HOW WAS IT DIFFERENT FOR YOU, GROWING UP WITHOUT SO MUCH SOCIAL MEDIA AND CONSTANT CONNECTION?

GET THE FACTS



CAN DRINKING ALCOHOL AFFECT MY ATHLETIC OR ACADEMIC PERFORMANCE? IF SO, HOW?

READ OUR BLOG



HOW CAN I ENJOY PARTIES OR SOCIAL GATHERINGS WITHOUT FEELING PRESSURED TO DRINK ALCOHOL?

READ OUR BLOG



WHY DOES IT SEEM LIKE SO MANY TEENS WANT TO TRY DRINKING ALCOHOL?

READ OUR BLOG



WHAT WAS IT LIKE FOR YOU WHEN YOU WERE MY AGE — DID YOU FACE PRESSURE TO DRINK? HOW DID YOU HANDLE IT?

READ OUR BLOG



HAVE YOU SEEN ALCOHOL NEGATIVELY AFFECT A FRIENDSHIP?

READ OUR BLOG



I FEEL LIKE I HAVE TO MAKE SO MANY DECISIONS NOW. HOW DO I KNOW I'M MAKING THE RIGHT CHOICES?

READ OUR BLOG

