



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

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?

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WHAT ARE THE LEGAL
CONSEQUENCES OF
UNDERAGE DRINKING?

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

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

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

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

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

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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?

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

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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?

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

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

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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?

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

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

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

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HAVE YOU SEEN
ALCOHOL NEGATIVELY
AFFECT A FRIENDSHIP?

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

READ OUR BLOG

