

LEND YOUR VOICE

SHARE YOUR STORY

START THE CONVERSATION



RULES / GOALS

RESEARCH SHOWS THAT TALKING TO TEENS ABOUT ALCOHOL CAN HELP AVOID UNDERAGE DRINKING, BUT STARTING THOSE CONVERSATIONS CAN BE TRICKY AND DAUNTING.

THE TALK IT OUT NC CONVERSATION STARTER CARDS ARE OPEN-ENDED QUESTIONS TO BEGIN THAT DIALOGUE. YOU OR YOUR CHILD CAN RANDOMLY SELECT A CARD AND WORK THROUGH AS MANY QUESTIONS AS YOU WANT. KEEP THE CARDS HANDY TO KEEP THE CONVERSATION GOING.

SCAN THE QR CODE ON EACH CARD FOR MORE INFORMATION ON OUR WEBSITE (TALKITOUTNC.ORG).

WHAT ARE SOME PLACES OR TIMES WHERE YOU MIGHT ENCOUNTER ALCOHOL?

CONTINUE THE CONVERSATION ▶



HOW DO YOU FEEL ABOUT THE PRESSURE TO DRINK ALCOHOL AT PARTIES?

CONTINUE THE CONVERSATION ▶



HOW DO YOU THINK DRINKING ALCOHOL CAN AFFECT FRIENDSHIPS AMONG TEENS? HAS THIS HAPPENED WITH YOUR FRIEND GROUP?

CONTINUE THE CONVERSATION ▶



DO YOU THINK DRINKING ALCOHOL MAKES SOMEONE SEEM COOLER OR MORE MATURE?

CONTINUE THE CONVERSATION ▶



WHAT ARE SOME WAYS I COULD MAKE YOU FEEL MORE COMFORTABLE WITH TALKING ABOUT ALCOHOL WITH ME?

CONTINUE THE CONVERSATION ▶



WHAT ARE SOME THINGS YOU'VE SEEN OR HEARD ABOUT DRINKING ALCOHOL AMONG YOUR FRIENDS OR CLASSMATES?

GET THE FACTS ▶



HAVE YOU EVER BEEN CURIOUS ABOUT TRYING ALCOHOL?

GET THE FACTS ▶



WHY DO YOU THINK SOME TEENS START DRINKING ALCOHOL REGULARLY?

GET THE FACTS ▶



WHAT DO YOU THINK MAKES TEENS WANT TO TRY ALCOHOL?

GET THE FACTS ▶



HAVE YOU EVER SEEN SOMEONE YOUR AGE DRINK ALCOHOL? IF SO, HOW DID IT MAKE YOU FEEL?

GET THE FACTS ▶



WHAT'S YOUR UNDERSTANDING OF HOW ALCOHOL AFFECTS THE TEENAGE BRAIN?

EFFECTS OF ALCOHOL ▶



HOW DO YOU THINK ALCOHOL USE MIGHT AFFECT SOMEONE'S DECISION-MAKING?

EFFECTS OF ALCOHOL ▶



IF YOU WERE TO SEE A FRIEND MAKING A POTENTIALLY RISKY DECISION INVOLVING ALCOHOL, WHAT WOULD YOU DO?

EFFECTS OF ALCOHOL ▶



WOULD YOU LET A FRIEND DRIVE YOU OR THEMSELVES SOMEWHERE AFTER THEY'D BEEN DRINKING ALCOHOL?

EFFECTS OF ALCOHOL ▶



HOW DO YOU THINK UNDERAGE DRINKING COULD IMPACT YOUR GOALS FOR THE FUTURE?

EFFECTS OF ALCOHOL ▶



HAVE YOU EVER FELT LEFT OUT BECAUSE YOU CHOSE NOT TO DRINK ALCOHOL?

READ OUR BLOG ▶



IF A FRIEND OF YOURS CONFIDED IN YOU ABOUT STRUGGLING WITH DRINKING ALCOHOL, HOW WOULD YOU RESPOND?

READ OUR BLOG ▶



HAVE YOU EVER FELT PRESSURED TO DRINK OR BEHAVE A CERTAIN WAY BY WHAT YOU'VE SEEN ONLINE OR IN MOVIES?

READ OUR BLOG ▶



WHAT DO YOU WISH MORE ADULTS UNDERSTOOD ABOUT TEENS AND ALCOHOL?

READ OUR BLOG ▶



WHAT DO YOU KNOW ABOUT THE LEGAL ASPECTS OF UNDERAGE DRINKING?

READ OUR BLOG ▶



WHAT ARE SOME FUN ALTERNATIVE ACTIVITIES AT PARTIES WHERE ALCOHOL IS PRESENT?

READ OUR BLOG ▶



HOW WOULD YOU DECLINE AN OFFER TO DRINK ALCOHOL WITHOUT FEELING AWKWARD?

READ OUR BLOG ▶



WHAT ARE SOME WAYS
PEOPLE CAN AVOID
PRESSURE TO DRINK
ALCOHOL IN SOCIAL
SITUATIONS?

READ OUR BLOG ▶



DO YOU KNOW WHAT AN
XPLAN IS?
WOULD YOU FEEL
COMFORTABLE CONTACTING
ME IF YOU WERE EVER
IN A SITUATION WHERE
YOU FELT PRESSURED TO
DRINK ALCOHOL?

READ OUR BLOG ▶



WHAT WOULD YOU DO
IF SOMEONE OFFERED
YOU A DRINK AND YOU
WEREN'T SURE IF IT
CONTAINED ALCOHOL?

READ OUR BLOG ▶



WHERE WOULD YOU
GO FOR HELP OR
SUPPORT IF YOU
WERE CONCERNED
ABOUT YOUR OWN
OR SOMEONE ELSE'S
ALCOHOL USE?

TAKE ACTION ▶



WHAT WOULD YOU DO
IF A FRIEND SEEMED
TO HAVE A PROBLEM
WITH DRINKING
ALCOHOL?

TAKE ACTION ▶



HOW CAN I MAKE SURE
YOU FEEL SUPPORTED
IN SAYING NO TO
ALCOHOL?

TAKE ACTION ▶



DO YOU SEE
YOUR FRIENDS OR
CLASSMATES POSTING
ON SOCIAL MEDIA WITH
ALCOHOL?

WATCH OUR
WEBINAR ▶



DO YOU BELIEVE UNDERAGE
DRINKING IS AN EFFECTIVE
WAY TO DEAL WITH STRESS
OR DIFFICULT EMOTIONS?
WHAT ARE SOME POSITIVE
COPING MECHANISMS?

WATCH OUR
WEBINAR ▶

