

LEND YOUR
VOICE

SHARE YOUR
STORY

START THE
CONVERSATION

TALK *it*
OUT

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
X-PLAN 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

