



# HELPFUL. POLITE. BUZZED.

Nearly 20% of children try alcohol before the age of 13.

**Words are powerful.  
Use yours to help prevent  
underage drinking.**

Studies show that parents have the most influence on whether or not their child will drink.

Discuss underage drinking during the everyday moments you and your child have together. Your words can help prevent underage drinking—but only if you start the conversation.

Need advice? We can help.  
Visit **[www.parentupvt.org](http://www.parentupvt.org)** or dial  
211 for tools and more information.

