



Wheeler

CONNECTICUT
Clearinghouse

a program of the Connecticut Center
for Prevention, Wellness and Recovery

A Library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics.

“Talk: They Hear You” Catalog

These resource are from the Substance Use and Mental Health Services Administration – “Talk: They Hear You” campaign.

[Click here to learn more about the campaign.](#)



CONNECTICUT
Mental Health & Addiction Services

How to order:

These resources can be ordered [here](#). Please make sure to list in the notes section which resource (including what type) you would like to order.

Please note: only “Talk: They Hear You” resources can be ordered with the link above. All other Connecticut Resources can be ordered [here](#).

Please note: that these resources are available in a limited quantity.

Postcards:

Title: Before Dropping Her Off At The Party...



BEFORE DROPPING HER OFF AT THE PARTY...

Create an “exit plan” to help her make good choices.

Talk with your child about what to do when faced with a difficult decision about alcohol. Come up with a plan together to avoid drinking, such as texting a code word to a family member or practicing how to say “no thanks” in a safe environment. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-019



SAMHSA
Substance Abuse and Mental Health
Services Administration

Title: Before She Hits The Practice Field...



BEFORE SHE HITS THE PRACTICE FIELD...

Find out if she has questions about alcohol or other drugs.


Show young people you care and help discourage risky behaviors by talking with them about the dangers of using alcohol and other drugs, such as marijuana and prescription pain medication. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-019



SAMHSA
Substance Abuse and Mental Health
Services Administration

Title: Before They Make Plans With Friends...




BEFORE THEY MAKE PLANS WITH FRIENDS...

Establish some family rules for social and extracurricular activities.

Young people don't always have all the facts when it comes to alcohol and other drugs. Talk with your children about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-055



SAMHSA
Substance Abuse and Mental Health
Services Administration

Title: Before They Get Behind The Wheel...



BEFORE THEY GET BEHIND THE WHEEL...

Make sure they understand the risks of drunk and drugged driving.

Let your children know it's never okay to get behind the wheel of a motor vehicle while under the influence of alcohol or other drugs, and that getting in a car with someone who has been drinking or using drugs is also very dangerous. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-063



SAMHSA
Substance Abuse and Mental Health
Services Administration

Title: When You're Hanging Out At The Park...



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WHEN YOU'RE HANGING OUT AT THE PARK...

Take time to talk with her about the dangers of alcohol.

Starting short, frequent conversations about drinking at an early age is the first step toward keeping your child safe and informed. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-006



Title: Help Them Succeed On And Off The Court.



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HELP THEM SUCCEED ON AND OFF THE COURT.

Empower young people to make good choices about alcohol.

Being prepared to talk to young people about the risks of underage drinking and answer questions will show that you care about their overall health and wellness. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-010



Title: Find New Ways To Talk As She Gets Older.



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FIND NEW WAYS TO TALK AS SHE GETS OLDER.

Use everyday moments to have a conversation about alcohol and other drugs.

Explain why underage drinking and substance use are dangerous—not just because you say so, but because they can significantly impact your child's happiness, health, and safety. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-046



Title: On Your Way To Practice...



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ON YOUR WAY TO PRACTICE...
See if she has ever been offered alcohol.
Show your child you care and help build accountability by setting clear and consistent expectations regarding alcohol use. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-022



Large Stickers:

Title: Before They Make Plans With Friends...



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BEFORE THEY MAKE PLANS WITH FRIENDS...
Establish some family rules for social and extracurricular activities.
Young people don't always have all the facts when it comes to alcohol and other drugs. Talk with your children about the risks of underage drinking and substance use, and be clear and consistent about your expectations. For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-055



Title: Make Regular Conversations Part of the Routine



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MAKE REGULAR CONVERSATIONS PART OF THE ROUTINE.

Know the risks of underage drinking and be prepared to talk about them.

For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-083



SAMHSA
Substance Abuse and Mental Health Services Administration

Title: Make Regular Conversations Part of the Routine



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CHOOSE INFORMAL TIMES TO TALK AS SHE GETS OLDER.

Look for new opportunities to start a conversation about alcohol.

For tips on how—and when—to begin the conversation, visit www.underagedrinking.samhsa.gov

#TalkTheyHearYou PEP20-03-01-082



SAMHSA
Substance Abuse and Mental Health Services Administration