What a great moment to talk with your kid about alcohol.

Because small talks can make a big difference.

Alcohol can do lasting damage to a kid’s growing brain, impacting everything from how they learn and make decisions to how they handle emotions. But you don’t need a big speech to help a kid understand the dangers of underage drinking. Start small instead. Having a lot of small, casual talks—at the store, in the drive-thru, or between video games—can make a big difference in a kid’s health. Start around age 8 to prepare kids to make a lifetime of healthy decisions.

Visit SmallTalksWI.org for talk tips, facts, and more.