



LET'S TALK BINGE DRINKING

4+ DRINKS IN 2 HOURS

QUICK TIPS

Drink water between drinks

Eat snacks while drinking

Try to stick to the same type of liquor

Talk to your teen

- What are the family rules around underage drinking?
- Do they know about binge drinking?
- How can they stay safe while drinking?
- What should they do if they've had too much?

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