

TALKING TO TEENS ABOUT DRUGS & ALCOHOL



STARTING THE CONVERSATION

TALKING TO YOUR CHILD ABOUT DRUGS AND ALCOHOL CAN BE A DIFFICULT & CHALLENGING CONVERSATION FOR MANY PARENTS AND CAREGIVERS. ALTHOUGH IT MAY BE UNCOMFORTABLE, HAVING EARLY DISCUSSIONS ABOUT SUBSTANCE USE WHEN KIDS ARE YOUNG CAN HELP PREVENT SUBSTANCE USE IN THE FUTURE.

KEEP IT AGE-APPROPRIATE

WHEN YOU START THE CONVERSATION ABOUT DRUGS AND ALCOHOL WITH YOUR KIDS, MAKE SURE YOU ARE RELATING TO THEM IN A WAY THAT THEY CAN UNDERSTAND BY BEING MINDFUL OF USING AGE-APPROPRIATE LANGUAGE AND LOGIC.



BE CLEAR

LET THEM KNOW YOUR EXPECTATIONS OF THEM, REASONS WHY SUBSTANCE USE IS UNSAFE, AND THE CONSEQUENCES OF USE ON THE BODY, AT HOME, AND WITH THE LAW.



BE OPEN & HONEST

BEING OPEN AND HONEST WITH YOUR CHILDREN ALLOWS THEM TO FEEL COMFORTABLE AND SAFE TO DO THE SAME WITH YOU

