

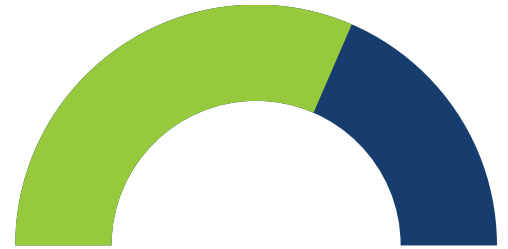
Talking with your teen about substance use



Kids want to hear from you

When teens know that their parents don't want them to drink or use other substances, they are 50% less likely to use. Here are some ways to start the conversation.

- Observed worrisome behavior?
Say: **"I've noticed that . . ."**
- Something happening in the news or on social media?
Say: **"Have you heard about . . ."**
- Picking them up from school or a sports practice?
Ask: **"Have your friends ever talked about . . ."**
- Is your child heading for a party, event or just hanging out?
Say: **"Before you go, let's make a plan in case there are substances . . ."**
- And the all-purpose, **"Did you know . . ."**



63% of teens know how their parents feel about teen alcohol use

Be clear about what you expect

End the conversation with expressions of expectation and caring.

"I don't want you to use or abuse alcohol or other drugs because . . ."

- ✓ I love you
- ✓ I want you to stay alive
- ✓ I want you to be healthy
- ✓ I don't want you to become dependent
- ✓ I want you to be happy, just the way you are

