



CONVERSATION STARTERS

Tips For Talking With Your Teen about Drugs & Alcohol

Let's face it. Talking with teens about drugs and alcohol can be challenging. Just because it is hard doesn't mean these important conversations shouldn't happen. Let the following tips guide you!

Tip #1



Show you care about your child's health and happiness.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink— not just because you say so, but because you want your child to safe. The conversation will go a lot better if you're working with, and not against, your child.

Be a reliable source about drugs and alcohol.

There is so much information out there that is unreliable when it comes to drugs and alcohol. Teens get their information from social media, the internet and peers- make sure they are getting the most credible information from YOU.

Tip #2



Know your child's friends and their families.

Just because you set your own boundaries for your children around drugs and alcohol doesn't mean that your child's friends' parents do too. Get to know who they hang out with and ensure that their rules are similar to yours.

Tip #3

