

PARENT CHEAT SHEET

Parents are often the first line of defense in protecting teens against substance use disorders. Check out the following resources.

Tips & tricks

If you choose to drink, set a good example.

Teens are always watching. If you drink alcohol, do so responsibly, i.e., in moderation and safely.



Know your kids' friends' families.

Get to know who they hang out with, and ensure that their rules are similar to yours.



Prepare yourself so there are no shocks.

Think through possible scenarios and how you would respond. Be prepared so that you react in an appropriate manner.



Take an active interest in your teens' interests.

Be relatable! Show an interest in the things that they like. This could help break down barriers.



Be a reliable source about drugs and alcohol.

There is so much information out there that is unreliable. Educate yourself and make sure your teens are getting the most credible information from YOU.

Ask their opinion about rules and expectations.

Allow teens to be part of the discussion when setting rules and boundaries. Ask them what they think is fair, and talk potential consequences through!

Conversation starters

Talk about drugs and alcohol early and often.

Don't expect the conversation to be "one and done." Have a conversation whenever the opportunity presents itself- in the car, over dinner or during a movie.

Capitalize on potential openings or opportunities.

Notice a reference to drugs or alcohol in a song or movie? Mention it to teens and see what they think it's about. You have to start somewhere!

Resources

NIH: Parents' rules about underage drinking
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4095821/>

Child Mind Institute: What Parents Should Know

<https://childmind.org/article/parents-know-teens-drinking-drugs/>

NIH: Binge Drinking and Teens
https://www.niaaa.nih.gov/sites/default/files/publications/NIAAA_Binge_Drinking_3.pdf

Ask, Listen, Learn

<https://asklistenlearn.org/parents/conversations-and-communication/>



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