

Tip #4



Take an interest in what your child enjoys.

Teens are more engaged if they feel that you relate to them. Even if you don't like the same things, find out why they enjoy the things that they do- take an active interest in their lives and they could be more willing to open up.

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, during a movie. Capitalize on the small moments and these conversations won't seem as daunting.

Tip #5



Set clear rules and expectations.

There should be no questions about what is and is not permissible when it comes to drugs and alcohol. Teens have to make decisions all day, everyday. Make it as easy for them as possible by setting clear and concise rules about drugs and alcohol.

Tip #6



RESOURCES

Talk. They Hear You. 5 Conversation Goals: Talking with Teens About Alcohol and Other Drugs

<https://www.samhsa.gov/talk-they-hear-you>

Underage Drinking: Talking to your Teen About Alcohol

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teen-drinking>

8 Tips for Talking to Your Teen About Alcohol and Other Drugs

<https://drugpolicy.org/sites/default/files/SafetyFirst-8-Tips-for-Talking-Tip-Sheet.pdf>

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