

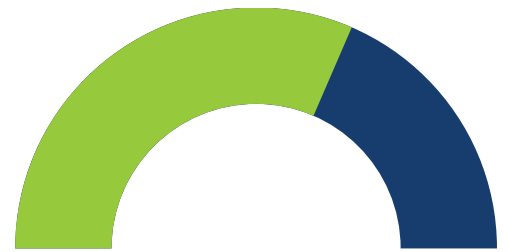
# Talking with your teen about substance use



## 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

