

# TALKING TO YOUR KIDS ABOUT DRUGS AND ALCOHOL CAN BE HARD, BUT A 10-MINUTE TALK CAN MAKE A DIFFERENCE!

**DO THE PREP WORK**  
COME TO AN ARGUMENT WITH ANY ADULT IN THE HOME ABOUT THE RULES AND CONSEQUENCES FOR USING DRUGS AND ALCOHOL.

**PICK A TIME WHEN EVERYONE IS CALM, LIKE DURING A CAR RIDE OR OVER DINNER.**

## **Resources and Help:**

Parents empowered: [www.ParentsEmpowered.org](http://www.ParentsEmpowered.org)

Talk Early, Talk Often: [www.underage drinking.samhsa.gov](http://www.underage drinking.samhsa.gov)

Boston children's Hospital: [www.teen-safe.org](http://www.teen-safe.org)

## **TIPS FOR THE 10 MINUTE TALK**

1. REMIND YOUR TEEN YOU CARE ABOUT THEM
2. USE A STORY ABOUT DRUGS AND ALCOHOL FROM THE MEDIA/ONLINE TO HELP SPARK A NATURAL CONVERSATION.
3. ASK OPEN-ENDED QUESTIONS LIKE 'WHAT'S GOING ON WITH KIDS YOUR AGE AND DRUGS AND ALCOHOL.'
4. ASK 'WHAT WOULD YOU DO IF YOU WERE OFFERED DRUGS OR ALCOHOL'
5. SEE IF THEY HAVE ANY QUESTIONS.
6. TELL YOUR TEEN YOUR EXPECTATIONS. CHECK TO SEE THAT THEY UNDERSTAND.
7. MAKE SURE THEY KNOW YOU WILL ALWAYS COME TO GET THEM IF THEY NEED YOU. COME UP WITH A SHARD CODE WORD OR EMOJI THAT THEY CAN TEXT YOU.
8. BE CLEAR AND TO THE POINT.
9. TRY TO LISTEN WITH NO JUDGMENT.
10. IF EMOTIONS GET IN THE WAY STOP AND BREATHE AND TRY ANOTHER DAY.
11. STAY FOCUSED AND REMEMBER THIS IS JUST ONE OF MANY CONVERSATIONS YOU WILL HAVE ON THIS TOPIC.