



Drugs & Alcohol

Remember:

- This is an ongoing conversation - not a “one and done”
- Focus on the importance of knowledge and not on the negative consequences of behavior
- Avoid assumptions
- Talk about expectations
- Assume good intentions
- Share resources
- Be approachable, no matter what!



Identify people in your child’s life that your child can go to in the event they are not comfortable going to you.

- Let this person know you have identified them
- Tell your child that you encourage them reaching out
- The important message is getting support and answers

Conversation Tips:

- Stay calm and open minded
- Return to a conversation if it didn’t go well or you need to talk more
- Allow the conversation to develop naturally
- Be willing to find answers if you don’t have them
- Listen!

Some prompts to consider when having conversations:

- What do you think concerns me most about the use of drugs and alcohol?
- Have you been to a party or in a situation where you had access to drugs or alcohol? What was it like? What did you do?
- Do you have questions?
- Are you interested in experimenting with alcohol or drugs? Why? What interests you?

