



HOW TO TALK TO YOUR TEEN ABOUT DRUGS

WEB RESOURCES

- cibhs.org/yorcalifornia
- drugfree.org
- samhsa.gov
- drugabuse.gov
- getsmartaboutdrugs.gov
- raisinghealthyteens.org

Keep an open mind. If you want to have a productive conversation with your teen, one thing to keep in mind is that when a child feels judged or condemned, they are less likely to be receptive to your message. We suggest that, in order to achieve the best outcome for you and your teen, try to preserve a position of objectivity and openness. We understand that this is challenging and may take practice.

Put Yourself in Your Teens Shoes. For instance, consider the way you would prefer to be addressed when speaking about a difficult subject. It might be helpful to think about how you felt when you were a teenager.

Be clear about your goals. It may help to write them down. Once you know what you would like to get from the conversation, you can look back at these afterward and review what went right, what went wrong, what goals were met, which ones were saved for a later date and whether you were able to deliver them effectively.

Be calm and relaxed. If you approach your teen with anger or panic, it will make it harder to achieve your goals. If you are anxious about having a conversation with them, find some things to do that will help relax.

What you want to achieve. You want to foster an environment where you and your teen are comfortable discussing difficult matters such as peer pressure and substance use. Gaining this insight into your child's life and building their trust is one of the most important things you can do as a parent concerned about substance use and your child.

Source: www.drugfree.org

