

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



DO THE PREP

- Come to an agreement with any adults 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.

TIPS FOR THE 10 MINUTE TALK

1. Remind your teen that you care about them.
2. Use a story about drugs and alcohol from the media / online to help spark a natural conversation.
3. Ask an open-ended question, 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 shared code word or emoji that they can text to you.

Be clear and to the point.
Try to listen with no judgement!

If it feels like emotions are getting in the way...
stop, breathe, and try another day.

Stay focused! Remember this is just one of many conversations you will have on this topic.



PARENTS - YOU HAVE MORE INFLUENCE OVER YOUR CHILD THAN SOCIAL MEDIA OR THEIR FRIENDS!

When parents talk to their teens about the risks of
drugs and alcohol, those teens
are up to 50% less likely to use substances.*

Good News!

Over 90% of Stoughton High Students
report that their parents talk to them about
the dangers of drugs and alcohol.*

Be clear with your child about your expectations
for their behavior and consequences.

** 2017 Stoughton Youth Health Survey*

RESOURCES & HELP

Parents Empowered: www.ParentsEmpowered.org

Talk Early, Talk Often: www.underagedrinking.samhsa.gov

Boston Children's Hospital: www.teen-safe.org

Stoughton Resources:

 www.stoughtonoasis.org

 StoughtonOasis  OasisCoalition  StoughtonOasis

 www.stoughtonyouthcommission.org

Need a quick, free, live consult? 

Call the Stoughton Youth Commission- 781-341-2252

Already had this conversation?
Keep talking - your kids are listening!

Stoughton Youth Commission

OASIS COALITION

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