

Set the tone of the conversation by being loving and supportive. Avoid lecturing and allow your kid to weigh in on their thoughts as much as possible. Ask or say things like:

- Why do you think people get addicted to something?
- Do any people you know use drugs or get drunk?
- Why do you think there are laws against underage drinking? Do you think the age limits are fair/right or should they be something else?
- I read an article the other day about a new study that I wanted to share with you.
- Why do you think people try drugs of any type?



For more information please scan this QR code with your mobile device or visit us at [www.gcasap.org](http://www.gcasap.org)



**How to start  
the conversation  
with your teen  
about drug use**

GRAVES COUNTY  
**ASAP**  
AGENCY FOR SUBSTANCE ABUSE POLICY/PREVENTION  
Freeing our community from Substance Abuse



# TALK, THEY HEAR YOU!

There is no quick or simple solution for preventing teen drug use. But research shows parents have a big influence on their teens, even when it doesn't seem that way. Talk openly with your children and stay actively engaged in their lives.

## SET RULES AND EXPECTATIONS

- Come up with a set of rules together, teens are more likely to follow rules when they are involved in them.
- Have open communication with your teen.
- Be honest with them.
- Be judgement free/

## KNOW THE WARNING SIGNS

- a shift in friend groups
- a change in activities with friends
- a withdrawal from family relationships
- staying out much later than normal
- sneaking out
- decline in school attendance or grades
- guardedness or deceptiveness in sharing about themselves

## RISK FACTORS

- A family history of substance abuse
- A mental or behavioral health condition, such as depression, anxiety or attention-deficit/hyperactivity disorder (ADHD)
- Impulsive or risk-taking behavior
- A history of traumatic events, such as experiencing a car accident or being a victim of abuse
- Low self-esteem or feelings of social rejection

