

Ideas for Parents

Ways to Help Your Child Make Good Choices:

Parent:

I want you to make smart and safe choices about your health because I see your potential to be _____ when you become an adult.

Kid:

These are my goals! When I am an adult I want to have:

_____ job
_____ type of home
_____ relationships
_____ vehicle

I know that making good choices now about alcohol and drugs will help me reach my goals.

Parent & Kid:

When I am with my friends and someone is drinking or using drugs, I can text home using the code phrase _____ and _____ will come and pick me up.

Because I may need to save face with my friends, _____ will text me back and say there is an emergency and I need to come home.



Talk to Your Kids about Drinking & Drugs



Sources: www.samhsa.gov/underage-drinking
www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm

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When drinking alcohol and drugs come up with your kids, keeping open communication is the best thing. Having an open relationship with your kids is the key to their development.

Alcohol, marijuana, other drugs, and even medicines not prescribed to them can have bad effects on a kid's growing brain and health. Taking these substances can cause problems with concentration, memory, decision-making, physical health, and lead to injury. It can also negatively impact their success in school, long-term goals, and hurt relationships with family and friends.

Good Ways to Talk with Your Kids:

1. Have many short talks instead of one long talk.
2. Tell them that you care about their health, safety, happiness, and success. Let them know this is why you don't want them to drink or use drugs.
3. Make it safe for them to come to you for information and ask you questions.
4. Remind them that you love them enough to be watching out for the choices they make. Even when that makes you seem "annoying" or "nosey." It's just part of good parenting.
5. Help them come up with ways they might respond in situations where alcohol or drugs are available.



You're Not Alone!

Your child's primary care provider (PCP) may also ask your child questions about drugs and alcohol starting at age 9. When **you** and **the PCP** teach your child about good choices and talk to them about the risks, the message is even stronger. If you ever need help with your concerns about alcohol or drug use, your PCP can assist you.



If your conversations with your child lead you to believe that your child might need some intervention, you can also call us at **1-800-578-0603**, (TTY users call **711**) to find a provider who can help. If you think your child's choices around alcohol or drug use is a big problem, you can call the Behavioral Health 24-Hour Crisis Line at **1-844-800-5154**.