



Talking about Talking - Tips for Talking to Teens about Substance Use



Tips for Talking to Teens

- 1. Understand Your Influence**
- 2. Choose a Good Time and Place**
- 3. Ask Open Ended Questions and Use Active Listening Skills**
- 4. Offer Empathy and Support**
- 5. Formulate a Plan to Avoid Substance Use**



Recognize Any Addiction in the Family



- **Don't deny addiction in your family**
- **Use it as away to remind them of their elevated risk**
- **Explain that while they might be tempted, the odds aren't in their favor, their genes make them more vulnerable to developing a dependence or addiction**

What if You Find Drugs in Your Child's Room?

- *Talk with your spouse or partner*

Come to an agreement on the position you'll take

Remind each other that no one is to blame

- *Prepare to be called a hypocrite*

- *Gather any evidence*

Try to anticipate different ways they might deny using

What if You Find Drugs in Your Child's Room?

- *Expect anger, remain calm*

Try not to be baited into responding with anger of your own

- *Set a realistic goal*

Things will go more smoothly if you have a desired outcome in mind. Set a small goal and move towards it one step at a time

- *Spell out rules and consequences*

Have an idea going in, but listen to your teens feedback and let them negotiate rules/consequences

Be Supportive, Avoid Enabling




Thank you for coming!
Questions?

