

TALKING TO KIDS ABOUT DRUGS & ALCOHOL

5 Conversation Tips

According to the results of the 2018 Indiana Youth Survey, students in Lake County, Indiana reported they tried alcohol for the first time between the ages of 10 and 11. By the same age, they had also misused prescription drugs. Data shows that you have a direct influence in their decisions. Below are 5 ways you can start the conversation.

1

SHOW YOU CARE ABOUT THEIR WELL-BEING

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or misuse drugs—because you want them to be safe.

2

SHOW YOU'RE A GOOD SOURCE OF INFORMATION

You want your child to be making informed decisions about drinking and misusing drugs, with reliable information about its dangers. Establish yourself as a trustworthy source.

3

SHOW YOU DISAPPROVE OF UNDERAGE DRINKING

More than 80% of young people ages 10-18 say their parents are the leading influence on their decision to drink or not drink.

4

SHOW YOU'RE PAYING ATTENTION

Show that you're keeping an eye on your child. Young people are more likely to drink or try drugs if they think no one will notice.

5

BUILD YOUR CHILD'S SKILLS & STRATEGIES FOR AVOIDING TEMPTATION

Even if your child doesn't want to drink or misuse drugs, peer pressure is a powerful thing. It could be tempting to do it to avoid looking uncool. Help your child build positive skills and practice them.

FOR MORE TIPS, VISIT
SAFEforLakeCounty.org/
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