

6 TIPS

SIX TIPS FOR PARENTS: HOW TO TALK TO TEENS ABOUT DRUGS

Believe it or not, teenagers do want their parents to talk to them about the dangers of alcohol and drug use.

And since **75% of high school students have used an addictive substance**, according to the National Center on Addiction and Substance Abuse, **it is never too soon to begin the conversation.**

Tempe Coalition member Joronda Montano, program director of notMYkid, a local non-profit specializing in substance abuse prevention has these **Six Tips for Parents:**

- 1 Start talking to your kids when they are young.
- 2 Set firm rules and expectations about drugs.
- 3 Understand the teenage brain.
- 4 Give kids a “way out” of a risky situation.
- 5 Decide on consequences together.
- 6 Keep communication lines open.



**SUPPORT YOUR
KIDS' INTERESTS**

SO MARIJUANA WON'T BE ONE OF THEM

TempeCoalition.org



TIPS

Recent studies show that replacing drug-induced highs with natural highs can drastically reduce substance abuse. **Support your kids' interests in activities that are alternatives to drugs!**

Teenagers just want to know that you love them, and that they can talk to you without being lectured to or judged.

VISIT TEMPECOALITION.ORG

- For a link to a more thorough explanation and **more detail about the Six Tips**.
- To **watch videos** of Tempe teens providing tips for parents about how to talk to them about using alcohol and drugs.
- For **lists of resources** and community meetings where you can get help and information.



TempeCoalition.org



TEMPE
Community
Council

Tempe Coalition is a grant-funded program of

a registered 501(c)(3) nonprofit

This flyer was developed, in part, under grant number SP018222-06 from the Office of National Drug Control Policy and Substance Abuse and Mental Health Services Administration, Department of Health and Human Services. The views, policies, and opinions expressed are those of the authors, and do not necessarily reflect those of ONDCP, SAMHSA or HHS.