

# Goals for Talking to Your Child About Underage Substance-Use: Part 1\*



*Research shows that one of the most important factors in healthy child development is a strong, open relationship with a parent. It is important to start talking to your children about alcohol and other drugs before they are exposed.*

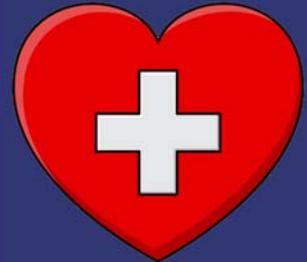
Show you disapprove of underage drinking & other drug misuse.

According to the 2019 YRBS survey, 39% of Cohasset High School students, & 27% of Cohasset Middle School parents have discussed rules about underage drinking with their children. Send a clear & strong message that you disapprove of underage drinking & misuse of other drugs.<sup>+,&</sup>



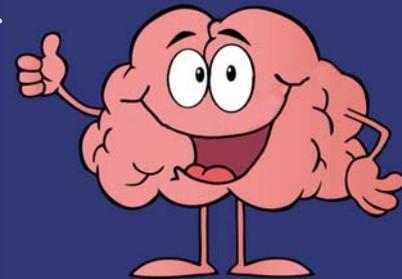
Show you care about your child's health, wellness & success.

Young people are more likely to listen when they know you're on their side. Be open, show your concern, and reinforce why—because you want them to be happy & safe.



Show you're a good source of information about alcohol & other drugs.

Establish yourself as a trustworthy source of information, to prevent your child from learning about alcohol & other drugs from unreliable sources.



**REMINDER:** Don't worry, you don't have to get everything across in one talk. Plan to have many short talks.

For tips on how to talk to your child about underage drinking, visit the Substance Abuse & Mental Health Services Administration (SAMHSA) at:

[www.samhsa.gov/underage-drinking/parent-resources](http://www.samhsa.gov/underage-drinking/parent-resources)



<sup>+</sup>Results come directly from the Youth Risk Behavior Survey (YRBS) that was administered to students at Cohasset Middle School & Cohasset High School in the spring of 2019.

<sup>&</sup>Question asked 'In the past 30 days, have you & your parent(s) or caregiver discussed rules about drinking?'

\*Source: Substance Use & Mental Health Services Administration. April 2020. Five Conversation Goals. [www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals](http://www.samhsa.gov/underage-drinking/parent-resources/five-conversation-goals)