

Goals for Talking to Your Child About Underage Substance-Use: Part 2*



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.

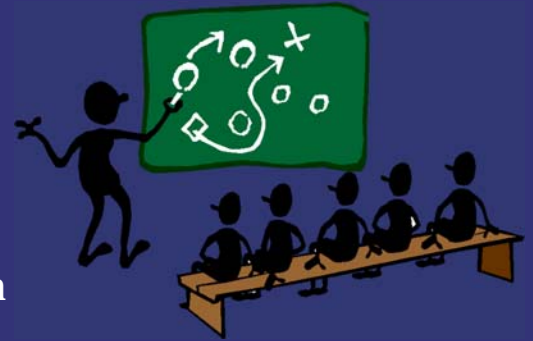
Showing that you're paying attention helps discourage underage drinking & substance use.

Showing that you're aware of what your child is up to can help discourage them from drinking & using other substances. Young people are more likely to drink & use substances if they think nobody will notice. Keep your eyes & ears open, & let your child know that you're aware of what is going on.



Help your child develop strategies for avoiding underage drinking & substance use.

Peer pressure is a powerful thing. Having a game plan to avoid underage drinking & substance use can help children make smarter and healthier choices. Talk with your child about what they would do if faced with a decision about whether to try alcohol or other substances.



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

For more tips on how to talk to your child about underage drinking & substance use, visit the Substance Abuse & Mental Health Services Administration (SAMHSA) at: www.samhsa.gov/underage-drinking/parent-resources



For local resources highlighting what underage drinking & substance use looks like in Cohasset, & what you can do to help your child, visit the Safe Harbor Cohasset Coalition (SHCC) website at: <http://www.safeharborcohasset.org/resources/>

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

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