

10 WAYS TO KEEP YOUR TEEN DRUG-FREE



1. BE HONEST AND DIRECT

Sitting down and having a direct, open conversation about drugs, temptation, and addiction is one of the best ways to prevent future use.

2. GIVE THEM THE FACTS

Giving your teen the facts could be enough to set them on the right path. Most drugs can be deadly and they all have negative effects on the brain and body.

3. GIVE THEM PRAISE

Recognize their accomplishments and positive qualities. Are they sweet, compassionate, or well-rounded? Are they getting good grades or volunteering? Positive reinforcement goes a long way.

4. MAKE SURE THEY KNOW THE LEGAL CONSEQUENCES

It is not about scaring them; it is just about making sure they understand the reality of the situation. Getting caught with drugs could get them in serious trouble.

5. MAKE SURE THEY KNOW THE CONSEQUENCES OF ADDICTION

Addiction can ruin a young person's promising life. Again, it is not about using fear tactics, it is about them knowing what they need to know.

6. HAVE THEM VOLUNTEER AT AN ABUSE TREATMENT CENTER OR HOMELESS SHELTER

Seeing addiction in-person could be a life-changing experience. Volunteering helps them learn from others to keep them from going down the road of addiction.

7. EDUCATE YOURSELF

Before you talk to your teen about anything, it is a good idea to do a little bit of studying yourself. Check out the latest research to find out what drugs are popular for people in your child's age range so you can target your message.

8. MAKE TIME FOR YOUR CHILD

Your child is more likely to open up to you about what's going on in their life during one-on-one time. This can help you understand them better and form a stronger bond.

9. KEEP YOUR COOL

When you try to talk to your teen about drugs, you may be met with rolled eyes, heavy sighs, or temporary deafness. This may be frustrating, but whatever you do, do not lose your temper.

10. CONNECT WITH OTHER PARENTS

The parents of your teen's friends will almost certainly have the same concerns as you. You can share ideas with them and find out what strategies they have successfully used. Also, it will help you to better know your child's friends.



A PARENT'S ROLE

Parents are critical in keeping their child drug-free. The steps given here can help guide you through the process of working with teen to help make sure they avoid all of the negative consequences of drug use. Every situation is unique, so you may need to talk to education or counseling professionals for your child's specific case.

The good news is that there are many resources available to help you keep your child off drugs, or to help you if you suspect your child is using. You do not have to fight against drug use alone.

**YOU CAN HELP KEEP
YOUR TEEN DRUG-FREE.**

ADDITIONAL RESOURCES

Substance Abuse and Mental Health Services Administration
www.samhsa.gov/talk-they-hear-you/parent-resources

Centers for Disease Control and Prevention
www.cdc.gov/healthyschools/bam/alcohol.htm