

Tips for Talking About Drugs

Kindergarten - Third Grade

Here are some tips to help you guide your student toward a healthy, drug-free life:

Keep your discussions about tobacco, alcohol, and other drugs factual and focused on the present.

Let your child know that people who drink too much alcohol get sick and throw up, or that smoking makes clothes stink and causes bad breath.

Talk to your student about the drug-related messages they receive through advertisements, the news media and entertainment sources.

Some TV shows or movies may even glamorize drug use. Use the shows they watch as a way to help kick start conversations about drug use/abuse and the dangers/consequences associated with it.

Consider the following topics when discussing drugs with your child: what alcohol, tobacco and other drugs are like; why drugs are illegal; what harm drugs can do to users.

You should also consider talking about the differences between the medicinal uses and illegal uses of drugs, and how drugs can impact the families and friends of users.

Set clear rules and behave the way you want your student to behave.

Tell them the reasons for your rules. If you use tobacco or alcohol, be mindful of the message you are sending to your student.

Ask open-ended questions

When discussing substances, use open-ended questions such as: "What do you think about that?" This helps take the pressure off them and then you both have the opportunity to share and educate.

Help your student learn to problem solve and escape situations that make them feel bad or they are unsure about.

Make sure they know that they shouldn't stay in a place that makes them feel uncomfortable or bad about themselves. Also let them know that they don't need to stick with friends who don't support them or try to pressure them into doing things (such as drugs) that they are uncomfortable with.

Substances in your students life may include:

Tobacco, Alcohol, Prescription Pills (Adderall/Ritalin/Concerta) & Over-the-Counter Medications

