

Additional Resources

For more information on commonly abused substances, visit these websites:

For **Adults:**

www.drugabuse.gov

www.webmd.com

www.cdc.gov

<http://www.drugfree.org/the-parent-toolkit/>

www.drugfreejackson.com

TalkSooner App – Available for Android and Apple Products

For **Youth & Adults:**

www.drugfreeworld.org

<https://teens.drugabuse.gov>

www.abovetheinfluence.com

www.methproject.org

www.drugfreejackson.com

Parent Tips for Talking About Drugs

Talking about substance abuse with your kids can be difficult, but it doesn't have to be. Try using these tips for conversation starters.

Jackson County



DrugFreeJackson.com

Use Blocks of Time

Such as after at dinner or afterwards, before bed, before school or on the drive to or from school and extracurricular activities to talk about drugs and why they're harmful/dangerous.

Take Advantage of Everyday "Teachable Moments"

Teachable moments refer to using every day situations/events to point out things you'd like your child to know about.

Point Out ATOD Situations

Point out situations that may be happening in your community or neighborhood. If you and your child are at a park and see a group of kids smoking, use the moment to talk about the negative effects of tobacco.

Use Newspaper Headlines or TV Stories to Spark Conversation

The news is regularly filled with stories that detail consequences of drug/alcohol abuse/use. Use these as an opportunity to talk about the consequences of the persons actions and choices.

Watch TV with your Kids & Ask Them What They Think

Do the shows they watch glorify drug use? Or do they show the down side to drug use? Use the shows they watch as ways to kick start conversations about drug use/abuse and the dangers/consequences associated with it.

Ask Open-Ended Questions

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

Share Stories of People in Recovery

Share stories of people you know of that are in recovery or have struggled with addiction (if they feel comfortable with you sharing) or discuss someone else's story, This will help your child understand the struggles and trials of addiction and substance use.

Engage in Interactive Activities About Drugs Together

Sitting down together and engaging in interactive activities about substances together gives you a chance to educate and opens up opportunities for discussion.