

Tips to Help get the Conversation Started

- There are several community resources that can assist you with talking to your kids about the dangers of alcohol use. Your family doctor, your child's teacher, school personnel, local law enforcement, and your local prevention provider are all there to help.
- Look for opportunities to talk to your child when you are both attentive and can avoid distractions.
- Listen to what your child has to say. Respecting your child's views can go a long way with getting your child's attention.
- Talk about parental and cultural expectations surrounding alcohol use and be a positive role model.
- Role play effective ways to say no to drugs and alcohol.
- Using your own discretion, talk openly. Be prepared to answer the tough questions, including questions about your own drug and alcohol use.

For more information
please visit: www.talk2prevent.com