

LIFESTYLE

LESSONS



Talking to Teens About Drugs and Alcohol

As your teen gets older, they may look to you less and less for insight, especially on sensitive topics like drug and alcohol use. However, to help your child make wise decisions when confronted with these temptations, you should try your best to establish open communication in your household. Keep reading for tips on how to talk to your teen about drugs and alcohol.

- **Ensure open communication in your home.** Your teen may be more willing to discuss uncomfortable topics with you if you have already established an environment of open communication.
- **Listen when talking with your child.** Show your child that you are interested in what they are saying and want to learn about their life.
- **Create moments to talk one-on-one.** Since both of your schedules may be hectic, make a point to schedule time for you to spend time with your teen to talk—such as going for a walk, shopping or going out for dinner.
- **Conduct family meetings on a regular basis.** Hold regular family meetings in which members of the family can discuss what is on their minds and talk about any pressure that kids are facing at school.
- **Act out example scenarios.** To prepare your teen for the potential peer pressure situations they may run into with others, act out various scenarios in your home.
- **Encourage your teen.** Throughout every aspect of their life, encourage your teen to be the best version of themselves and not let others influence their decisions.

Be a Helpful Resource

Teens gather a lot of information about drug and alcohol usage from their peers. Nevertheless, you can still be a beneficial resource for them by explaining why these activities are detrimental to their health and well-being. For more information on how to keep your teen alcohol- and drug-free, visit www.nfp.org.

For additional lifestyle and well-being guidance, contact us today.

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