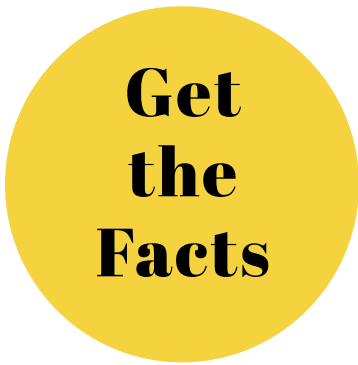


Conversation Starters

There is no set formula for talking to young people about alcohol and other drugs, but the following guidance might make it easier.



There are a lot of myths about alcohol and other drugs. Use evidence-based sources like the [drug facts](#) to inform yourself and provide them with the most accurate information.

Ask Questions



- Have you been in a situation where you had the opportunity to use drugs? How did this make you feel and why?
- What would you do if you are put in a position where someone does offer you drugs? Or in a position where you are surrounded by drug use?
- What are some alternatives to drugs that teens can do to have fun?

If they won't talk about it themselves, ask questions about kids at school...

- “Do kids at your school talk about marijuana? What do they say?”
- “Do you know anyone at school who smokes pot? What did she say about it?”
- “Have you ever been offered marijuana?”



Let's think of some ways that you can turn down the offer that you would be comfortable saying.

Instead of telling them what to say or do when they are put in an uncomfortable situation, why not ask them?

Brainstorming with your teen on how she may get out of a sticky situation will be more effective than telling her. Help your teen think of ways to turn down offers for her own reasons.

Sum It Up



Know the **FACTS**.
Be clear in your beliefs.

Based on the evidence, clarify your own personal view of alcohol and other drugs.

Look for opportunities to start the conversation.
Keep the conversation relaxed.

Resources



[Parents Empowered](#)



[Marijuana Tool Kit](#)



[Partnership for Drug-Free Kids](#)



[Know the Risks](#)