

TALKING TO YOUR CHILD ABOUT DRUG USE



CHOOSE THE RIGHT TIME

When talking to your child be sure your child is sober or has not been using drugs before talking about drugs and alcohol.



BE SPECIFIC

Explain what you observed to make you concerned. For example, you found missing pills or an empty pill bottle. Or your child's appearance indicates a problem.



REINFORCE WHAT YOU THINK ABOUT DRUG USE



Tell your child how much you care about them and their wellbeing.

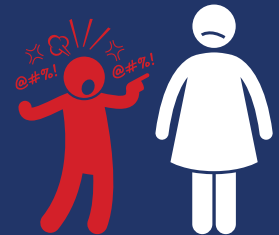
VOICE YOUR SUSPICION



Begin by expressing your concerns without making accusations. "Sarah, I suspect you may be smoking weed occasionally. I love you and I'm concerned about you. Is there something going on that we need to talk about?"

PREPARE FOR STRONG REACTIONS

Your child may accuse you of snooping or say you're crazy. Stay calm.



GET HELP FROM EXPERTS

Contact your school's counselor, any MUSD Health Services nurse, or your family doctor about your concerns.



Source: Growing Up Drug Free: A Parent's Guide to Prevention from the U.S. Dept. of Education and U.S. Dept. of Justice Drug Enforcement Administration.

