

# TRUTH SPOTLIGHT

on parent conversations

## PARENT TALKS ARE IMPORTANT

Research proves that children whose parents are engaged and hands-on in their day-to-day lives are much less likely to misuse prescription drugs, smoke or drink alcohol.

## WHAT TO SAY, WHEN TO SAY IT

### CHILD YEARS (3-6)

- Talk about a healthy body, and good versus bad choices.

### PRE-TWEEN YEARS (7-9)

- Talk about positive choices, but start being more specific with tobacco and alcohol.

### TWEEN YEARS (10-12)

- Have the drug talk, but keep it positive and informational versus too many scare tactics.

### TEEN YEARS (13-18)

- Keep the conversation going and connect with the parents of your kid's friends. Teach your kids to ask you questions; not the Internet.

## STARTING THE CONVERSATION

- Keep an open door policy
- Listen carefully and stay calm
- Express your desire to see their point of view
- Use teachable moments from local and national events

## WHERE TO TALK

- Find a neutral location - go for a walk, go out for dinner, go shopping, play a game or another activity you enjoy doing together.

## MAKING IT A SUCCESS

- Sit and listen
- Tell your child you love them
- Share your own life experiences (good or bad)
- Teach refusal skills on how to resist peer pressure
- Have the conversation many times as they grow

**OSAP** TalkSooner.org

Recipients of substance abuse services have rights protected by state and federal law and promulgated rules. For information contact Sarah Walters at [swalters@arborcircle.org](mailto:swalters@arborcircle.org) or 616-396-2301 or the Bureau of Health Systems, Division of Licensing and Certification, Substance Abuse Licensing Section, Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909. This publication is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Substance Use, Gambling and Epidemiology, through Lakeshore Regional Entity. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of MDHHS/SUGE or LRE.