

Empower your teen. Help them resist drug use/risky behaviours by:

- Nurturing their self-confidence and intelligence
- Creating a sense of hope and optimism
- Ensuring they grow up in a safe environment and are involved in extracurricular activities
- Making sure they have the community support that they need
- Providing clear rules and consequences

Help your kids practice refusal skills

Help your kids practice saying no so they feel comfortable and confident setting boundaries with their friends. Examples of boundary-setting statements they could use:

- No thanks, I'm not interested
- I have to go home
- I'd rather do something else
- Deflect and redirect:
 - Suggest other activities to participate in

Practice these skills with your teen just like you would any other experience.

Talk to your teen about substance use. Here are some tips for having the conversation:

- Talk regularly and often. Many “mini-conversations” are better than long lectures.
- Think about their perspective and listen respectfully.
- Use “teachable moments” to discuss drug use with your teen. (i.e.) while in the car or at the dinner table.
- Eat a meal together as often as possible. Family meals are great ways to strengthen your relationship.

YOU are your child's most important role model

Talking openly with your teen about drugs can help strengthen your relationship. When you have a solid connection, communication becomes much easier.

If your teen talks back or argues, it doesn't mean they are pushing you away. In fact, it often means the opposite. By asserting their independence, your teen is actually working on building a stronger and healthier relationship with you.

MORE RESOURCES:

[Centre for Addiction & Mental Health](#)

[Parent Information Series - AHS](#)

Information on mental health, community supports, programs and services in your area:



Addiction Services Help Line
1-866-332-2322

Mental Health Help Line
1-877-303-2642

