

Substance Abuse Prevention

Resources for Parents

Talking with Your Kids

1. “Talk. They Hear You.” -App

Link: <https://www.samhsa.gov/underage-drinking/mobile-application>

“Prepare for one of the most important conversations you may ever have with your kids about underage drinking. SAMHSA’s ‘Talk. They Hear You.’ app is available on desktop computers and on the go.”

2. Talking to Kids About Alcohol: 5 Conversation Goals- Tall Card

Link: https://www.samhsa.gov/sites/default/files/uad_conversation_goals_tall.pdf

“Research suggests that one of the most influential factors in healthy childhood development is a strong, open relationship with a parent.”

3. Talk to Your Kids About Vaping- Brochure

Link: <https://www.samhsa.gov/sites/default/files/TTHY-Vaping-Broch-2020.pdf>

“Peer pressure can be powerful, so coming up with realistic action steps and practicing them together in a safe environment will prepare and empower your teen to make good choices when it matters.”

4. Talking to Your Child About Drugs -Article

Link: <https://kidshealth.org/en/parents/talk-about-drugs.html>

“Just as you protect your kids against illnesses like measles, you can help “immunize” them against drug use by giving them the facts before they're in a risky situation.”

5. Drugs: What Parents Need to Know -Webpage with Links

Link: <https://kidshealth.org/en/parents/drugs-information.html?WT.ac=p-ra>

Information is provided about amphetamines, marijuana, steroids, inhalants, and more.

6. Basics of Drug Addiction- Short Video & Transcript

Link: <https://www.drugabuse.gov/videos/dr-volkow-explains-basics-drugs-addiction>

“Dr. Nora Volkow, Director of NIDA, answers common questions about drugs, addiction, where to find more information about the health effects of different types of drugs and where to get help.”

7. Opioids: Operation Prevention- Parent Toolkit PDF

Link: https://www.operationprevention.com/sites/default/files/PDFs/DEA_OP_ParentToolkit_May20.pdf

“Starting this discussion might be uncomfortable for you or your child, but here are some tips to help make the conversation a little easier and effective.”