

START THE CONVERSATION

Substance Misuse: Talking to Your Parents

It can be tough to talk to your parent or guardian about drug use, but the most important thing is having a safe person to talk to when you need them. To start the conversation, fill in the blanks below.

Hey MOM/DAD/CAREGIVER, do you have a minute to talk? There's something on my mind.

PAUSE TO LISTEN...

I saw some kids taking SUBSTANCE at LOCATION and

DESCRIBE WHAT HAPPENED, E.G., 'THEY OFFERED ME SOME'

DESCRIBE WHAT HAPPENED NEXT, E.G., 'I DIDN'T TAKE ANY' OR 'I WALKED AWAY'

I heard that that they're not safe if you don't know what's in them or where they came from.

PAUSE TO LISTEN...

I heard that you can get free NARCAN® at LOCATION OF ORGANIZATION. Would you take me at DAY AND TIME, so that I can have some just in case?

PAUSE TO LISTEN...

Thank you MOM/DAD/CAREGIVER, for being open to talking about this.



FOR MORE WAYS TO START THE CONVERSATION
ABOUT SUBSTANCE USE, VISIT
[KNOWTHEDANGERS.COM/CHANGE-THE-OUTCOME-TOOLKIT](https://knowthedangers.com/change-the-outcome-toolkit)