

Let's Talk

A Guide to Keeping Kids Drug-Free

WHY IT MATTERS

1 in 5 Washington teens start using alcohol or marijuana regularly by 10th grade.

Those who started drinking before age 15 are at least **4x** more likely to develop alcohol use disorder.

83% of Washington teens whose families talk with them about not using alcohol **don't drink.**

BOND

You are the greatest influence in your teen's life. Talk to them about not using marijuana, alcohol, and other drugs.



Find natural opportunities.



Be calm and positive.



Don't lecture.

SET BOUNDARIES

Show your child you care about them and their safety—set clear rules and consequences around using drugs or alcohol.

MONITOR

It's important to know what your teen does in their free time and stay on the lookout for signs they may be drinking or using drugs.

Look for changes in:



Mood



Hygiene



Appearance



Health

If you think your child is using—act.

- Prepare what you'll say.
- Create a safe, open space to talk.
- Focus on what they're doing right.

KEEP GOING

Even when they don't show it, your teen is listening. Keep talking and working together on avoiding alcohol and drug use.

Role play ways to say no.

Understand peer pressure and how to overcome it.

YOU'VE GOT RESOURCES:

Washington Recovery Help Line

Anonymous, confidential 24-hour help line for substance use disorders and mental health challenges.

1.866.789.1511

WRecoveryHelpLine.org

Start Talking Now

A resource to help parents have effective conversations with teens about not using alcohol or drugs.

StartTalkingNow.org