

# What to Say.....When Your're Not Sure What to Say

Ever wondered about the best way to approach the subject of alcohol and other drugs with your teen? You're not alone. Adolescence brings with it some significant decisions, not just for youth, but also for us as parents. Will we set rules and boundaries? Or keep the peace and hope for the best? Starting a conversation about alcohol and drugs can be awkward and seem unnatural at first, so here are some talking points to get you started.

- We are here to make it clear that we will not allow any drug or alcohol use by you.
- We have rules in the family. The rules do not permit teen drug and alcohol use.
- Even though you think everyone is using drugs or alcohol, it is illegal and not allowable.
- You can endanger your life and the lives of others. We don't want anything bad to happen to you. I don't know what I'd do if I lost you.
- We count on you as a family member. Your brothers and sisters look up to you and care about you. What would they do if you were gone?
- Drug and alcohol use can ruin your future and chances to...graduate, go to college, get a job, and keep your driver's license.
- We are here to support you. What can I do to help you not use?
- Sometimes kids use drugs and alcohol because there are other issues going on like stress, unhappiness and social issues. Have you thought about this? Are there other problems you want to talk about?
- Are your friends using? How are you handling that? Is it hard to not use in that environment?
- We won't give up on you because we love you. We're going to be on your case until you stop completely. If you need professional help, we will be there to support you and help make it happen.

## Teens need you to be a parent, not a friend.

**The Lincoln Southeast Community Group is community members who are invested in kids' lives by creating awareness through education regarding risky behaviors, and strengthening our community through the Safe Homes Parent Network. If you are interested, the SE Community groups meets the last Monday of the month in the Lincoln Southeast media center. For more information contact us at: [lsecommunitygroup@yahoo.com](mailto:lsecommunitygroup@yahoo.com)**