



# A PARENT'S ROLE IN PREVENTION

## RELATIONSHIPS MATTER

Strong bonds between parent and child are a protective factor for substance use.

### DID YOU KNOW?

- Teens who have frequent family dinners report high quality relationships with parents.
- Teens who have fewer than three family dinners per week are **twice as likely to try drugs.**



## TALK EARLY & SET EXPECTATIONS

Talking early and setting clear expectations **CAN** prevent substance use.

- Instead of having one big "drug talk," **talk early and often.** Explain things in an age-appropriate way.
- Send a clear message that you don't approve of alcohol and drug use.
- Keep lines of communication open.
- Talk during a car ride or a walk; less eye contact it seems less intimidating.



## SET POSITIVE EXAMPLES

Your kids are always watching and listening even when you think they aren't!

### THINGS TO CONSIDER

- **Choose your words carefully.** Don't say things like "I NEED a drink," which implies alcohol is a good way to cope with stress.
- If you consume alcohol, do so **responsibly and in moderation.** Don't use illegal drugs.
- Don't provide alcohol to minors and don't support underage drinking.



## BE INVOLVED

Strengthen the bond with your child by being actively involved in their life.

- Take an interest in sports and hobbies they like.
- Know who their friends are meet their parents
- Know where your kids are at all times.
- Check in on phone activity and monitor social media use (even though they don't want you to!)
- Encourage them to take part in positive activities that can help build healthy



For tips to start conversations, go to [drugfree.org](http://drugfree.org).  
Get local prevention & treatment resources, visit [thehubct.org](http://thehubct.org)