

## National Drug and Alcohol Facts Week

Parenting is one of the hardest jobs there is. One thing that helps is being prepared, especially when it comes to those challenging conversations children tend to bring up at the least opportune time. Why not prepare for them ahead of time? Be proactive and consider conversations you can have to prepare your children to make decisions on their own. Drugs and alcohol are readily available to youth and it is easier for them to make the right decisions when they have the facts. Here are some tips for these conversations:

- 1) Start young and have the conversations at a developmentally appropriate level.
- 2) Know the facts. Two great websites about teen drug use are <https://teens.drugabuse.gov> and <https://www.getsmartaboutdrugs.gov>
- 3) Allow time for them to ask questions and answer them without judgment.
- 4) Repeat. One conversation is not enough to fully prepare your children to navigate these issues alone when up against peer pressure.

Remember, knowledge is power so take control of the conversation and be the first to speak to your children about the dangers of drugs and alcohol.

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