

## 10 TIPS FOR TALKING WITH YOUR CHILD

1. Have lots of small conversations, not just one.
2. Talk to them when a spontaneous moment comes up – in the car, at dinner, while watching TV, or doing chores.
3. Talk to them honestly and openly.
4. Don't lecture and criticize.
5. Show respect for your teen's opinions.
6. Keep it short and simple.
7. Be a good listener.
8. Make sure you set clear rules about drinking and enforce them.
9. Develop a few strategies with your teen on ways they can say no to peer pressure to drink and practice them.
10. Show you care about them.



Established in 2015, the mission of McK-UDOS is to prevent substance use among youth in McKinley Park of Chicago through building community partnerships, assessing the community's needs and resources, developing strategic plans, and implementing and evaluating the coalition's activities for awareness, advocacy, education, and sustainability.



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## PARENTAL COMMUNICATION

a guide to  
talking about  
drugs and alcohol

Easy access to alcohol & drugs has

## SERIOUS CONSEQUENCES

including



Violence



Bad decision making



Academic Failure



Future Drug Abuse

## TEENS REPORT:

According to the Illinois Youth Survey (IYS) data, in 2016

**35%**

8th graders

and

**60%**

High schoolers

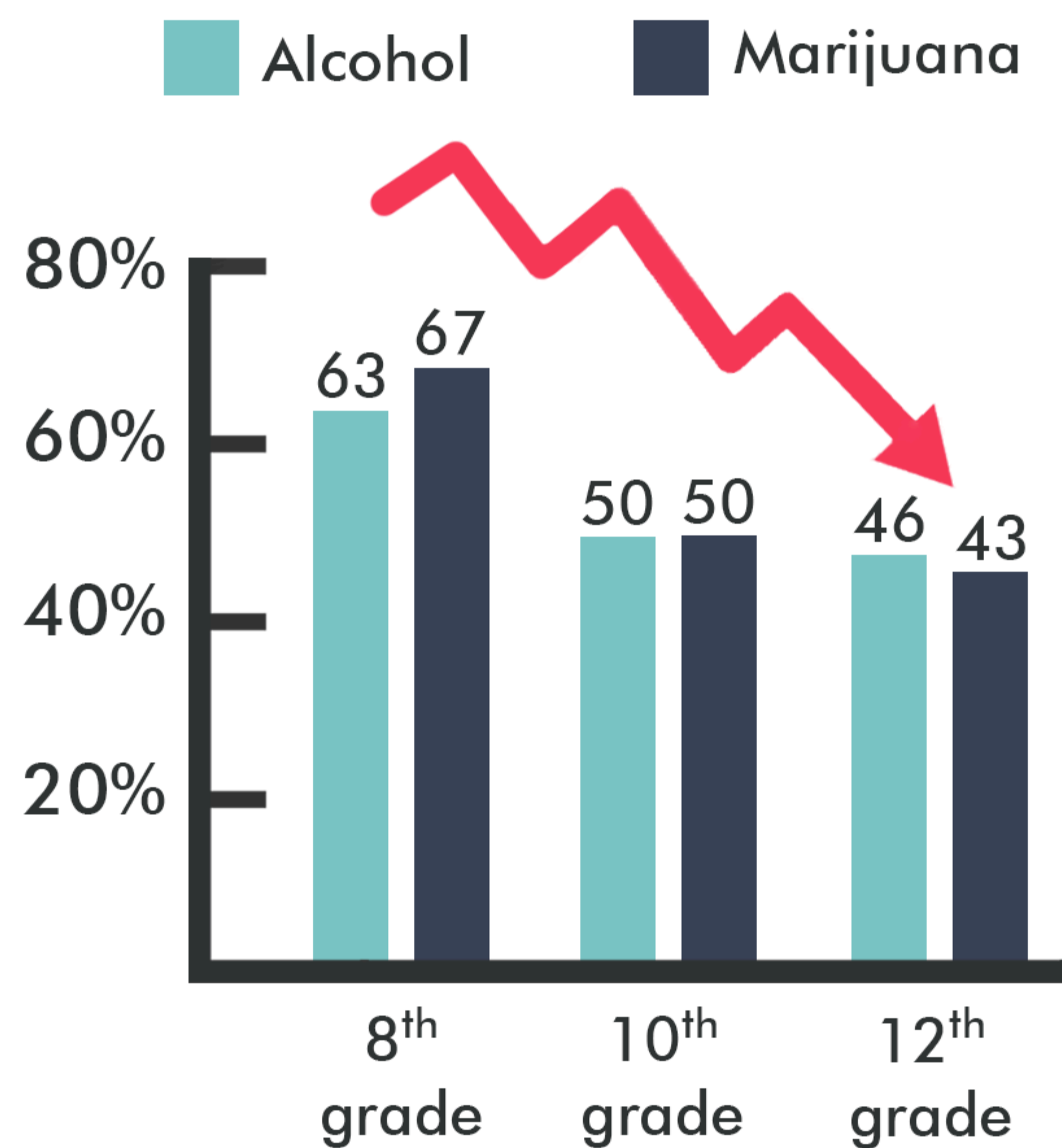
said they would not get caught if they drank alcohol without their parent's permission



## BUT

FEW parents warned their kids about the dangers of alcohol & drugs

Percentage of children who said their parents talked to them about not using:

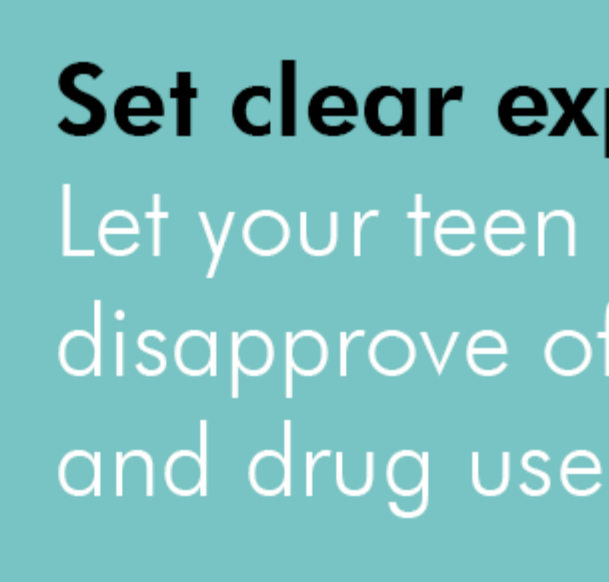


## TALKING TO YOUR CHILD IS IMPORTANT



### Start the talk now:

When you talk to your kid at a young age, they are more likely to listen to what you have to say.



### Set clear expectations:

Let your teen know you disapprove of alcohol and drug use.



### Be a positive role model:

Children imitate those who they spend the most time around. Make sure your actions match your words.

### You have a strong influence on your child's behavior:

80% of children feel parents should have a say in whether they drink alcohol.

