

TEEN-APPROVED **CONVERSATION STARTERS** **FOR PARENTS**

Need ideas for getting teens talking about the risks of alcohol and other drug use? Try these suggestions from Linn County high school students.

What do you hear people saying about drugs at school? What questions do you have about them?

What are your general impressions of alcohol - does it seem good, tempting, satisfying or wrong?

Have you been in situations where there were opportunities for alcohol or other drug use? Did you feel pressured?

You have so many great plans for the future -- how do you think using drugs could affect them?

When you feel lonely, disappointed, or stressed, what do you do? In what healthy ways do you process those feelings?



TIP FROM THE TEENS

"Coming from a place of care and love when opening up the conversation is the best way to get your child to be active in the conversation"

When I was younger, I had friends who made bad choices. It taught me how important it is to make my own decisions.

Why do you think some people your age decide to drink, and others don't?

If you ever felt uncomfortable or unsafe, who would you feel ok talking to?

You can talk to me about anything and I won't get mad. If you could ask me anything about alcohol or other drugs, what would you ask?