

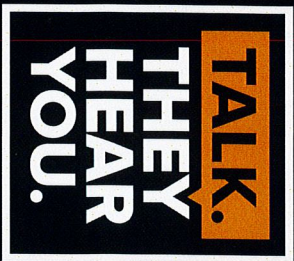


PARENTS AND ADULTS

LET'S TALK ABOUT SUBSTANCE USE

As a parent it's important to talk to your kids often about substance use - before a sleepover, a school dance, in the car, on a walk, over a meal, or anywhere you have their attention. It's never too early to talk to your children about substance use. Not talking about it can still have an effect. If parents don't say something, they may still have an indirect influence on their children's use. What you say to your children about drugs and alcohol is up to you!

For tips on how, and when to begin the conversation, check out our "Talk. They Hear You" Family Meal Kit campaign at: SacramentoCCY.org/FamilyMealKit



ADDITIONAL RESOURCES

SAMHSA

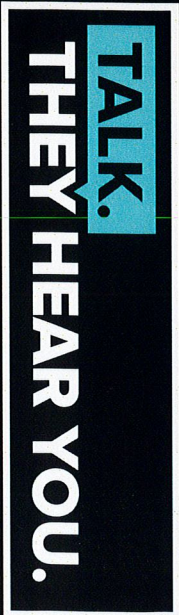
SAMHSA's national youth substance use prevention campaign helps parents, caregivers, educators, and community members get informed, be prepared, and take action to prevent underage drinking and other substance use.

SAMHSA.gov/Talk-They-Hear-You

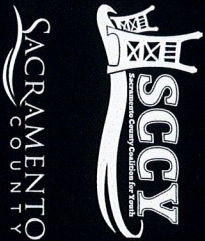
CDC

Centers for Disease Control and Prevention provides information on diseases and conditions; healthy living; environmental health; global health and more.

CDC.gov/AlcoholPortal/



ADDRESSING UNDERAGE SUBSTANCE USE WITH YOUTH TIPS FOR ADULTS



SacramentoCCY.org



Prevent Underage Substance Use

Why Talk?

- Alcohol continues to be the #1 abused substance by youth.
- 20% of 9th graders in Sacramento County have tried alcohol.
- Over 80% of young people ages 10–18 say their parents are the leading influence on their decision whether to drink or not.

YOU ARE THE MOST POWERFUL INFLUENCE ON YOUR CHILD'S BEHAVIOR.

How To Talk.



Short, frequent discussions can have a real impact on your child's decisions about drugs and alcohol.

When you do talk about alcohol, make your views and rules clear.

Talking often builds an open, trusting relationship with your child.

Remember that the conversation goes both ways.

Lots of little talks are more effective than one "big talk."

As children get older, the conversation needs to change.

What You Can Do.

- Be a positive adult role model.
- Be aware of the risk factors.
- Support your kids and give them space to grow.
- Be prepared. Your child may become curious about drugs and alcohol. He/She/They may turn to you for answers and/or advice.
- Use "natural" opportunities, such as dinner time or while doing chores, to start open, honest conversations about substance and alcohol use.
- Work with schools, communities, and civic leaders to protect children from underage substance use.

Serious Consequences.

Over the last few decades, experts have learned much more about the serious risks of underage substance use. Kids who drink alcohol are more likely to:

- Use drugs
- Get bad grades
- Hurt themselves or someone else
- Have unwanted and/or unprotected sex
- Increase their chances of anxiety, depression, and paranoia
- Lose IQ points
- Have affected brain development and memory loss

**TALK.
THEY
HEAR
YOU.**