



JUST TALK

PARENT TIP SHEET

Below are important tips, information, & resources you can use to keep your kids healthy & safe.

Parents: Keep Talking!

Fact: When your kids think drugs are risky & you tell them you disapprove of drug use, your kids are less likely to use drugs.

Keep talking to your kids.

This sheet has tips on how to start the conversation with your child about drugs & how to intervene if you suspect a problem.

** If you or a family member is in crisis, see back of sheet.*

Communicate to Your Child...

- The risks of alcohol and drug use
- Your disapproval of any drinking or drug use
- Establish a clear "no use" policy



Monitor...

- **Who** your child is with
- **Where** your child will be
- **When** your child is expected home
- **Who** your teen's friends are - communicate with their parents
- **What** drugs/alcohol are in your home & where you keep them





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Spot Alcohol & Drug Use

5 changes to watch for...

- Declining school work and grades
- Abrupt changes in friends, groups, or behaviors
- Sleeping habits and abnormal health issues
- Deteriorating relationships with family
- Less openness and honesty



What to Do When You Suspect Alcohol/Drug Use

- Focus, you can do this - don't panic, but act right away
- Let your child know you are concerned and disapprove
- Set limits, rules and consequences
- Get outside/professional help - you don't have to do this alone
- Connect with other parents

Learn More and Get Help

In your school:

- Talk to the Parent Coordinator
- Reach out to your child's Guidance Counselor or Social Worker
- Get to know your SAPIS (Substance Abuse Prevention & Intervention Specialist)
- Contact the school nurse or school-based health center

In the community:

- TYSA.NYC - TYSA's website
- Partnership for Drug Free Kids - For conversation starters: drugfree.org

For one-on-one help to address your child's substance use call 1-855-378-4373 or text 55753



If you or a family member is in crisis:

- NYC Well - Free/confidential mental health support: nycwell.cityofnewyork.us

Call 1-888-NYC-WELL (1-888-692-9355) or text WELL to 65173