

Talk Early, Talk Often... Keep Talking

Together, we CAN prevent youth substance use

PRESCHOOL



Vitamins help you stay healthy, but you should only take what I give you.

If you give your child a daily vitamin – or you take one – use this as a teachable moment.



In the car, you have a captive audience to start the conversation.



During meals, take time to talk to your child – research shows that children who have dinner with their families are less likely to drink alcohol or use illegal drugs.



ELEMENTARY SCHOOL



You should only take medicines that your doctor has chosen for you. If you take someone else's medicine, it could be dangerous and make you sick.

Show your Rx bottle to your child. Explain the risks of taking medicine that is not theirs.

Your brain is still developing. Alcohol and drugs can cause permanent damage to a developing brain. You can perform at your best if you are not drinking or taking drugs.

What should you say when your preteen or teen asks, 'Why is it okay for you to drink but not me?'

When watching a TV show together, address any illegal drug or alcohol use shown.



MIDDLE + HIGH SCHOOL



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