

We Support Our Teens!

Take a moment to reflect:

What are your expectations around drug & alcohol use in your family?

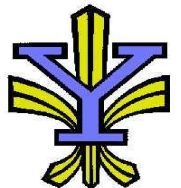
Write it down (on a handout or other paper) so it is

Simple. Clear. Repeatable.



AGENDA

1. Introductions
2. Tips & Tricks
3. Making conversations safe
4. Practice conversations



SURVEY RESULTS

What Works

- **Open Up the Conversation**
 - Use news stories, movies, books to open conversation
 - Ask about what they're seeing at school/among friends
- **Listen, Don't Lead**
 - Let kids talk and/or lead the discussion
 - Open communication
 - Honest, mature discussion
- **Contribute, Don't Preach**
 - Facts about law, addiction/overdose
 - Personal stories about self or family members

What Doesn't Work

- **Judgment**
 - Lectures, parent agenda
 - Close mindedness, assumptions
- **Out-of-Touch Advice or Authoritarian Responses**
 - “Because we said so”
 - “Just say no”
 - Ultimatums or punitive approach
- **“Cool” Parenting**
 - Waffling/indecisiveness
 - “Not my kid” attitude
 - Using in front of the kids
 - Minimizing behaviors based on parent's past use

What are some tips & strategies that can help my teen?

Clear Boundaries

Model Responsible Use

Connect with Other Kids & Adults

Be “That House”

Devise an Escape Plan

Practice No



SAFETY FIRST



SAFETY TOOLS - LUV LISTENING

- Listen - Just Listen
- Understand
- Validate



SAFETY TOOLS - When you ARE talking

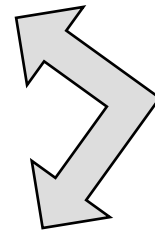
- Start with facts, using “I” Statements
- Ask open-ended questions - What? How?
- Name it
- Ask
- Find mutual goals
- Re-establish safety when you see defensiveness

CORE FORMULA

1. **FACTS** are the starting point

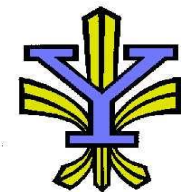
2. **THEIR** impression

3. **YOUR** impression



4. **REPEAT**, using your tools

5. **AGREED** upon action



WE ARE EACH THE BOSS . . .

* . . . of our **EMOTIONS** - *We recognize and deal with them or they may undermine our intent.*

* . . . of our **STORY** - *That little background story assigning motives that pops into our heads but probably isn't accurate.*

* . . . of our **MISTAKES** - *Owning them and embracing them as teachers gives us strength.*