

Prevent Substance Misuse - A Parent's Toolkit



*Research shows young people who have an excess amount of anxiety or depression are likely to misuse substances later in life**

Starting a conversation with your child about drugs or alcohol may be uncomfortable. Be prepared!

- **Mind Resilience** www.mindresilience.org offers tips and interactive tools to help you and your child overcome stress and deal with pressure at every age and grade level.
- **Power to the Parent** www.powertotheparent.org helps parents spot the warning signs of drug use, provides facts about different drugs and gives tips on how to keep your teens safe at parties, proms and even friend's houses.
- **Talk They Hear You** www.samhsa.gov/underage-drinking is SAMHSA's underage drinking prevention campaign that helps parents and caregivers start talking to their children early about the dangers of alcohol.

➤ **Tips for Raising Kids Drug Free** www.drugfree.org

offers drug and alcohol abuse prevention tips parent blogs, and great guides to help you connect with your child and know how to spot the early signs of drug use.

➤ **Drugs and Your Kids** www.teens.drugabuse.gov/parents

offers prevention and educational materials and treatment resources to help you and your child understand how to stay away from drugs in your community.

➤ **Facing Addiction Over Dinner** www.dinner.facingaddiction.org

teaches you how to talk with your child about the risks of drugs and alcohol during dinner or any mealtime. Meals are an important time when families sit around the table and connect with one another.

For more information and to get involved visit: www.preventsubstanceabuse.org

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*Source: drugabuse.gov and SAMHSA.gov

4/2017