

HOW TO EXPLAIN TO YOUR TEEN WHY YOU DON'T WANT HIM DRINKING OR USING DRUGS.

Don't want your teen drinking or using drugs?

Tell him how you feel and what you expect from him. Be warm but firm. For example, you might say:

"I'm not trying to ruin your fun. I love you and I want you to stay healthy. The best way to do that is to stay completely away from drugs and alcohol. I need you to promise that you will."

"I realize there's a lot of temptation out there. I also know you're a really smart, strong person. That's why I expect you to stay clean — no matter what your friends are doing. Agreed?"

"There's a lot of new science about teens, drugs and alcohol. It scares me to know how easily you could damage your brain or get addicted. I want your word that you'll steer clear of all that, and keep me in the loop on the kids you hang out with, too."

Research shows that when parents talk openly about drugs and drinking, children have better self-control and develop more negative perceptions of these risky behaviors.

Source: www.drugfree.org/teenbrain

