



CONVERSATION TIPS:

TALKING TO ADULTS ABOUT DRUGS



- Start with causal questions. In this way you can see how they listen and respond. "What do you think about...?"
- Ask questions about when they were a teen. In this way you can see how they may relate to your life. "When you were a teen did you ever..."
- Tell them what you want from the conversation, advice or listening. "I want to ask you..." or "I want to tell you..."
- Share your feelings and apprehensions, that you are concerned about their reactions or what they may think of you. "I want to tell you something, but I think you will get mad."
- Pick your time and place. Just getting home from work, trying to put dinner on, getting ready to go to bed or leave for somewhere may not be the best time. "Can we go for a ride or play a game or make dinner together?"
- Practice what you want to say. You can practice in front of a mirror or with a trusted friend. It may not come out just right but keep trying to talk. Try writing down what you want to say first or making a private recording.
- Give them a chance. The adult may react in a strong way. Give them another chance. It may take a while before they are ready to talk. They may need time to look up information or talk to another adult. "Can we look up information together?"
- Find another adult. If they are not helping you, seek out another trusted adult. This first adult may not be ready for such a conversation but can help you in other areas of your life.