

# It's Never Too Early To Talk To Your Child About Substance Use.

## Use Everyday Moments To Get the Conversation Started.

Encourage your child to share by asking open ended questions and listen with non-judgmental curiosity. Casual chats, like at dinner or in the car, can lead to sharing values on substance use.

- ✓ What was the best part of your day?
- ✓ What makes a good friend?
- ✓ What do you consider a successful life?
- ✓ What's the best compliment you've ever received?
- ✓ What do you hope to achieve by the end of the year?
- ✓ If you could have any superpower, what would it be and why?
- ✓ Would you rather go to an amusement park or a water park and why?
- ✓ You are with friends and want to get away from an uncomfortable situation. How do you make your exit?
- ✓ You're with your friends and they start using substances. They offer you a try, what do you say?
- ✓ How would you react if other kids were making fun of you when you refuse substances?
- ✓ What do you think the effects of marijuana legalization will have on kids your age?
- ✓ You are at a party and someone you know has been drinking a lot and you think they might need help. What do you do?
- ✓ Why do you think some teens use substances?



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