



# Good communication is the first step in substance use prevention.

Make sure your family has open, honest conversations with no judgement. It's a proven way to keep young people safe.

## Use the real-life scenarios below to start a family conversation.

- 1** Encourage kids and teens to talk about what they would do and why.
- 2** Talk openly. Use active listening. Don't pass judgement.
- 3** Help them find the right strategies and solutions to make healthy choices.



You're at a party with your high school friends. A few of them are drinking and ask if you want a sip. You feel pressured to say yes, but you don't give in.

***How would you get out of this bad situation?***



As you get ready to start high school and see your class schedule, you realize that you won't see any of your current friends during school. You're not good at meeting new people.

***How could you best prepare for this transition?***



You walk into the school bathroom and see a few friends and other people vaping. They convince you to use a vape. You regret this decision and end up telling your parents.

***How do you hope they would react?***



**More conversation scenarios →**



Find More Resources on Positive Family Communication at  
<http://southingtonsteps.org/steps-to-know-more/>



You hear that high school has many unwritten rules. There are things that other students expect, like good hallway etiquette.

***What would you do to learn more about these rules and make this transition less stressful?***



A friend adds you to a big group chat. There are some people in the chat you know, but many you don't. They all make rude comments about other friends, teachers, and more.

***What are some of the risks of this situation and how would you deal with it?***



You see social media taking up way more of your time. Friends expect replies to their Snaps, you have to know the new TikTok trends, your school uses Instagram to share event news, and even your family sends messages all the time.

***How can you best manage your time and your stress levels on social media?***



Trust is important between parents and kids. Yet parents might think that trust is broken when kids miss a curfew, lie about where they're going, or cancel plans to see their friends. Teens may think trust is broken when parents make judgements about other peoples' mistakes, which makes them uncomfortable telling their parents stuff.

***If this break in trust happens, what are some ways to get that it back on the same page?***