



Substance Abuse Prevention

Talking points: kids & teens

Short, frequent discussions have a lasting impact on your child's decisions about many things, including the abuse of potentially addictive substances.

Community Connections provides a helpful suggestion each week in the *Bulletin* to help the conversations. The suggestions come from people around Lincoln County.

This week: Pressure to succeed while also managing multiple responsibilities and commitments can be stressful for kids and teens.

Conversation starter: Check in by asking, "Do you feel good about what you accomplished today? What can I do to help you tomorrow?" Remember to give positive praise, even for the little things.

- Don't lecture.
- Be positive.
- Keep an open mind.
- Be calm and relaxed.
- Put yourself in their shoes.
- Know what you want to accomplish.

Suggestion by **Sara Ningen**, West Central District Health Dept.