

**ADULT MATERIAL**

**VIEWER  
DISCRETION**

**ADVISED**

**Being a young adult is complicated. It is a fact. There are so many choices to make, as well as lots of physical, intellectual, emotional and social concerns to deal with - from friendships to intimate relationships to decisions about where to study or work.**

With so many different messages about drugs being received from school, friends, parents and the media, there may come a time when young adults face a situation as to whether they should experiment with drugs. That is why education from parents about drugs is really important when it comes to helping young adults gain the knowledge they need to make an informed choice.

Here are some tips for talking to your teens about drugs. This will help you to relate to your teens in a way that is engaging, thought-provoking and fun.

**B**

**BE PREPARED**

No one can know it all. Drugs change, the way people use them change – even the names change. Make sure that your knowledge on drugs is as up-to-date as possible and know where to find good quality information to fill the gaps.

**A**

**ALWAYS LISTEN**

Create opportunities for young adults to discuss how they feel about a wide range of drug related issues. Explore issues such as drug trafficking and how the mainstream media portrays drug abuse. Content found on TV and the Internet are some great ways to create a conversation.

**P**

**PREVENTION IS  
THE BEST MEDICINE**

Oftentimes, parents possess the ability to influence the decision-making processes of young adults and can intervene before something goes wrong. It is important that your teen understands that drugs have the potential to destroy their futures but the choice as to whether or not to take drugs lies in their own hands.

**D**

**DON'T BE  
JUDGEMENTAL**

If a young adult feels judged, he or she will likely be defensive and be less honest with his or her answer. Therefore, rather than just harping on the fact that 'all drugs are bad', it is much better to have an open discussion about drugs, explore different points of view and offer correct information.