

**Did you know that drug information is widespread on the Internet, and anyone - even a child - can easily obtain all knowledge needed to manufacture, cultivate, buy, sell, or abuse drugs?**

Teenagers can easily get information about drugs on the Internet, including explanations of drug terms and how to use them. A lot of websites make drug abuse look cool while others promote drug use and experimentation in a more subtle way. At the same time, drug sellers and buyers often use the Internet to negotiate drug deals.

Detailed recipes for making drugs can be easily found on the Internet. Many sites contain step-by-step guides about where and how to obtain chemicals and equipment for the manufacture of drugs without arousing the suspicion of the authorities.

It is important to start talking to your teen about drugs before the Internet does. But how does one approach this sensitive topic? Here are a few helpful tips.

**Create a Conversation.** Do not lecture your teen because that will only make them tune out. Ask what he or she thinks about the topic of drugs. Observe how your teen reacts to gauge how he or she feels about the issue. Help them understand that they should not accept all information on the internet readily and should instead clarify whenever in doubt.

**Avoid Scare Tactics.** Highlight how drug abuse can affect things that are important to your teen — such as looks, relationships, studies and health. Explain to your teen that no matter how young or old a person is, he or she can still be susceptible to drug abuse and the potential to develop a drug problem.

**Resist Peer Pressure.** Teach your teen how to turn down drug offers from friends, by suggesting other positive activities like taking up a fun extreme sport. Also, let your teen understand that a real friend would never offer drugs to harm another friend.

**Talk About the Media.** Many television programmes, movies, songs, websites and social media content glamorize and trivialize drug abuse. Talk about what your teen has seen or heard and ask how he or she feel about it.

By having an open conversation with your teen, you will allow both parties to understand each others' views on drugs. This will allow you to correct any misconceptions of drugs that your teens might have and enable him or her to understand your expectations of them with regards to staying drug-free.



**“ Talk to your child.**

**OR THE INTERNET WILL.**