



Straight Talk WITH YOUR TEEN

A strong relationship with your teenage children is necessary and important when communicating openly about topics like drug abuse. Strong bonds also help prevent you and your teens from drifting apart though you may disagree on certain issues. Remember that you're speaking to someone who's going through puberty, is still learning new things and finding his/her independence.

How do you strengthen bonds with your teenage children? Here are some tips!!



Keep an open mind and stay focused.



Observe his/her behaviour and show interest in his/her activities.



Adopt a strong position and set curfews if needed.



Let him/her know you're setting boundaries out of love and care.



Talk regularly through little chats.



Listen respectfully to your teen's views.



Use "teachable moments" to discuss drug abuse e.g. current events/news.



Encourage discussions and openly exchange ideas and feelings.



Focus on how drug abuse affects performance, health and physical appearance.



Maintain conversations.



Empower your teens to make healthy drug-free choices.

Teens should learn about drugs from their parents first. Set a clear stand against drug abuse.

