

Parent advisory

Parents as role models

talk

Ontario Drug Awareness Partnership

Contrary to popular belief, teens do look to their parents as role models for use of alcohol and other substances.

Be aware: **Home** is the number one place where youth get alcohol and prescription drugs. Parents need to store alcohol, prescription and non-prescription medications in a safe manner. Be sure to dispose of unused medications safely.

Youth who receive **consistent rules and consequences** are less likely to engage in risky activities, such as alcohol and drug use. Setting family rules together empowers kids to control their own behaviour.

For more information on talking to your teens about substance abuse go to:
www.camh.net
www.drugprevention.gc.ca

Communication tips

Tips for talking to your teens about substance use.

T

Teach by setting a good example.

A

Ask questions and be involved with your teen's life.

L

Listen to your teen's opinions and concerns about drugs and alcohol.

K

Know the facts.

ERIN

Eastern Region Injury Network /
Réseau de l'est de l'Ontario pour
la prévention des traumatismes

Eastern Ontario Substance Abuse
Prevention Partnership



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1-800-660-5853

Visit Health Canada's Youth
Drug Prevention for Parents
Web site:

www.drugprevention.gc.ca