

Parent advisory Families Rule!

Talk about family rules- what are your family rules around substances like alcohol, tobacco and other drugs? Create an alcohol and drug use policy that suits **your** family.

- Create a set of rules (a policy) for your family.
- Make sure everyone understands and agrees to the rules about alcohol, drugs, safe travel, etc.
- The rules and the consequences for breaking them apply to **all** family members.
- When something goes wrong, follow your family's rules. Stay Safe.

For a sample policy, contact your local public health office.



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



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.

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

www.drugprevention.gc.ca