

Messaging Matters!

Choosing to not talk about substance use with your teens still sends them a message, just not the right message. On the surface, teens may think that they have all the facts when it comes to alcohol and drug use, but the truth is, they don't. Most teens get information on the subject from their friends, the internet or social media, all of which can offer biased or slanted information, often lacking in evidenced based research. If we aren't talking about the risks of using alcohol and other drugs, including nicotine and cannabis, teens might not see the harm in experimenting with them. Statistics show that 63% of teens that have just one conversation with their caregivers about chemical use will make healthy choices regarding experimentation and often delay their use until they are older. This number increases as the communications between teen and caregivers increases. Additionally, being in communication with teens allows caregivers to clearly share what they expect from their teens when it comes to substance use. If you need any support or tips, please reach out to Candi Davenport MS LADC at cdavenport@relatemn.org.