

What to Say

(by age group)

2-4 years:

“You should only take medicine when you're sick and when a trusted adult gives it to you. Sometimes medicine looks like candy, so always ask an adult before you touch it.”



5-8 years:

“Sometimes adults use [alcohol, drugs]. It doesn't mean that is safe for you to use. We can always talk about any questions you might have.”

9-12 years:

“I know we talked about this when you were younger, but you're at the age now when you might be seeing or hearing about other kids vaping, smoking, drinking, or using drugs. Remember, our family does not allow those under 21 to use substances because it's bad for health and your brain. I'm here for you and the best thing you can do is talk to me if you're confused or worried.”

13-18 years:

“It worries me to see kids using substances. What do you think about that? I know it can feel like most kids are using.”

“I want you to enjoy school and being with your friends, but I also expect you not to drink or use other drugs. You can talk to me about anything, and I will always be here to support and help you.”

