

Tips for Parents

- Always express your love for your child and your concern about their well-being
- Talk to your child from a young age about their emotional experiences and peer influence. Remind your child that you are always there to talk and answer questions. Be prepared; as a caregiver, sometimes the information may be hard to hear.
- Let your child know you understand they will or may have already been faced with difficult situations. Reinforce your concern and disapproval of their engagement in risky behaviors.
- Explain to your child their well-being and safety is your priority. Demonstrating skills such as responsible decision making and positive coping strategies will help your child navigate through life.
- Practice different scenarios with your child about how to manage difficult situations where they might feel uncomfortable. Examples could include situations with peers or being around substances, such as vapes and alcohol. Help them recreate realistic scenarios.
- Clearly state your feelings regarding their overall well-being.
- Short, frequent discussions with your child can have a real impact on your child's choices.

