

TALKING TO TEENS ABOUT HOT TOPICS



Even though you may feel your child being distant and seeking more independence, deep down they still want you involved. A strong bond, especially during the teen years, helps reduce the chances the teen will engage in high-risk behaviors, including nicotine, alcohol, and drug use.

MUST HAVE CONVERSATION TOPICS TO COVER WITH YOUR TEEN

- Drugs, alcohol, and addiction are real and dangerous.
- Your circle of friends matters.
- Family history has more of an impact than you know.
- Talking about your feelings is important.
- You can always talk to me, your parent(s), no matter what.

While these conversations might be awkward and difficult to have, it's important to discuss these topics. Being empathetic and understanding to your teen when having hard conversations will allow them to feel safe and heard when confiding in you. Keeping the dialogue open is important.

Talking to teens can be difficult. Learn more about other tough conversations with your teen such as: bullying, suicide, dating, and more.

TEEN SUICIDE

<https://www.usmc-mccs.org/news/why-we-need-to-talk-more-openly-about-teen-suicide>

TEEN DATING RELATIONSHIPS

<https://www.usmc-mccs.org/news/talk-to-your-teens-about-dating-relationships>

DECLINING PHYSICAL TOUCH

<https://www.usmc-mccs.org/news/children-have-the-right-to-decline-a-hug-or-touch>

BULLYING

<https://www.usmc-mccs.org/news/openly-discuss-children-with-disabilities-and-bullying>



13
13 IS THE AVERAGE AGE SOMEONE STARTS EXPERIMENTING WITH DRUGS AND ALCOHOL.

If you have additional questions about alcohol use or need support, contact your installation's **Substance Abuse Counseling Center (SACC)**.