

7 tips for talking to your kids about drugs

- 1** Avoid blaming, shaming, and lecturing
- 2** Speak with care and concern, not suspicion and blame
- 3** Acknowledge their autonomy
- 4** Invite them to share their experience
- 5** Share your concerns in concrete and non-blaming terms
- 6** Commit to understanding their perspectives and supporting their well-being
- 7** Explore what would or would not be welcome now



VIEW our video on how to talk to your kids about drugs at
fraserhealth.ca/overdose