

Supporting Your Teen Through Conversations About Drugs

Talking to your teen about drugs can be challenging, but open and honest communication is key. Creating a safe and supportive space will encourage trust and help your teen make informed choices. Here are some tips to guide these important conversations.



Be Open to Discussion: Make time to talk with your teen in a positive and supportive atmosphere. Approach the conversation with curiosity rather than judgment.

Stay Informed: Avoid exaggerating the dangers of drugs. Provide honest, factual information to help your teen make informed decisions.

Remain Non-Judgmental: If your teen feels judged, they may shut down and avoid discussing these issues with you in the future. Keep the conversation open and respectful.

Stay Calm: If you discover that your teen is experimenting with drugs, don't panic. A calm and prepared approach will lead to more productive conversations.

Listen to Their Perspective: Encourage your teen to share their thoughts and concerns. Show them you value their opinion while expressing your own concerns.

Accept That Mistakes Happen: Experimentation and risk-taking can be part of adolescence. Mistakes can become learning opportunities when handled with understanding and support.

Create a Safety Plan: Discuss ways your teen can make safe choices and handle situations involving drugs. Encourage them to think about strategies to protect themselves.

Set Clear Boundaries: Be clear about your expectations, such as no drug use at home or around family. Balance firm boundaries with a supportive and non-punitive approach.

Encourage Open Communication: Let your teen know that while you may not approve of drug use, you will always be there to support and guide them.

Involve Them in Setting Boundaries: Teens are more likely to respect boundaries when they have a say in the rules. Collaborate on agreements that make sense for both of you.

Seek Support: Parenting through these challenges can be difficult. Professional counselling services are available for parents and caregivers. The Alcohol and Drug Support Service in Perth provides free and confidential support at (08) 9442 5000.

To book an appointment with one of our counsellors, call or scan the QR Code



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