

## ABOUT LINK TOGETHER

Our mission is to promote healthy youth, families, and communities by decreasing teen alcohol and drug use through education, advocacy, access to community resources, policy awareness, implementation, and change.

*There's room for you at the table. Join us!*



## CONTACT US



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 Link Together Coalition

 @Link\_Together



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## "TALK. THEY HEAR YOU."

## START THE CONVERSATION

# YOU GUIDE THE WAY.

Parents, talk to your teen about not using drugs or alcohol.

# TALK. THEY HEAR YOU.



# "TALK. THEY HEAR YOU."

## Have You Had That Conversation?

### Say Something

Three out of four youth say parents are the number one influence in their lives when it comes to making decisions about drinking. However 42% of Wheeling Township teens say their parents have "not talked to them" or they "do not remember having a conversation" about not using alcohol.\*

Your own actions, along with communicating about substance use, both send strong messages to your child. Do not assume your child already knows how you feel about drugs and alcohol. Talking to them and making your position clear can make a significant difference when it comes to preventing substance abuse. Remember, parents who do not discourage underage drinking may have an indirect influence on their children's alcohol use.



## What Parents Can Do

### 1. Talk early and often.

- Explain the effects of drugs on the body and the legal consequences of using drugs.
- Make it clear that you do not want your kids to use drugs and that you will be disappointed if they do.
- Discuss why using drugs is not okay. Explain that it's against the law for a child or teen to use alcohol or cigarettes and that using drugs is always illegal—for good reason.
- Discuss the legal issues. A conviction for a drug offense can lead to time in prison or cost someone their job, driver's license, or college scholarships and loans.
- Short discussions go a long way. Engage your children in a conversation. Ask what they know, how they feel, and what they think about the issue.

### 2. Be involved.

- Know your child's friends and their parents. Always know where your child is, who they are with and what they are doing. Ask questions. In Wheeling Township, 39% of teens say they would "never be caught" by their parents if they went to a party where alcohol was served.\*

### 3. Set clear rules.

- Do you have rules in your house about not drinking or using drugs? Does your son or daughter know what those rules are?

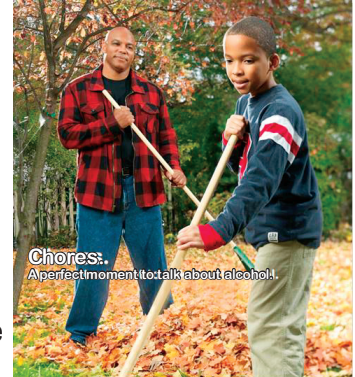
## Conversation Starter

Take our challenge: Ask your child if they know what your house rules are regarding drugs and alcohol. This can be a great conversation starter! For more tips and an interactive tool to help you start the conversation visit both: [beta.samhsa.gov/underage-drinking/start-the-talk](https://beta.samhsa.gov/underage-drinking/start-the-talk), and [nccp.org/topics/drug-abuse/alcohol-tobacco-and-other-drugs](https://nccp.org/topics/drug-abuse/alcohol-tobacco-and-other-drugs)

## We Can Make A Difference In Wheeling Township

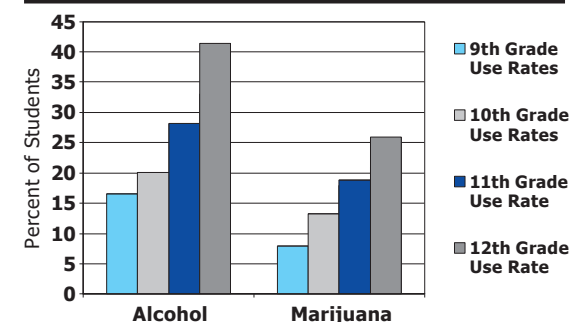
Wheeling Township residents can work together to prevent teen drug and alcohol abuse. Trends show that youth drug and alcohol use increases dramatically from 9th to 12th grade.

As a community, through education and evidence based prevention programs, we can spread a prevention message heard by teens, parents, businesses, schools, and healthcare professionals.



Join us in supporting the movement towards drug and alcohol-free youth.

## Past 30 Day Substance Use Rates in Wheeling Township\*



\*2018 Wheeling Township Illinois Youth Survey (IYS) N=7,318