

5 THINGS

YOU CAN DO NOW...

...to help teenagers avoid the risks of substance use and live their best lives...



Blue Mountains
**planetyouth
bm.net.au**
Together We Can Help Our Young
People Live Their Best Lives

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 PlanetYouthBM



1. TALK openly with your child about their mental health and help them develop good life habits. Let them know you don't want them to use drugs and alcohol because you care about them and their wellbeing.

2. DELAY alcohol and drug introduction for as long as possible. This will ensure your child's brain develops to its full potential. Every year delayed reduces the risk of harm and dependency now and later in life.

3. REFUSE to supply alcohol or drugs to your child and other young people. Supervising consumption or even providing a 'responsible' amount is actually proven to increase substance use and risky behaviour.

4. KNOW the parents of your child's friends so you all know what's going on. Let them know how you feel about your child using drugs and alcohol. Talk about working together to keep your kids safe and well.

5. DO things together with your child on weekends and evenings to strengthen your relationship. Organise activities for them and their friends. Involvement in positive organised activities is proven to reduce substance use.

Find out more
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