

HELPFUL RESOURCES

Talking to your child about substance use can be challenging, but it's key to guiding them toward healthy choices. Together, we can build strong relationships and empower them to make informed decisions. Below are additional resources to support these conversations.

[Talk. They Hear You.](#)

This program provides tools and tips for parents and caregivers to talk to kids about the dangers of alcohol and drugs.

[Talk to Your Teen About Drugs—And Keep Talking](#)

This offers advice on how to approach these important conversations with your teen and ways to help them make informed decisions.

[Something We Agree On](#)

Provides guidance for parents and caregivers, specifically focusing on talking to older youth and teens about substance use.

[Talking To Adolescents and Teens: Starting The Conversation](#)

This provides specific guidance on initiating conversations with teens about mental health and substance use, emphasizing the importance of listening and creating a non-judgmental environment.

[How to Talk About Substance Use and Addiction](#)

Provides parents and caregivers with useful tools and strategies to effectively talk to their children about substance use, including helpful conversation starters.

[Start the Conversation - Shared Future Coalition](#)

Provides parents and caregivers with strategies they can use in preventing their kids from starting to use alcohol, marijuana, tobacco or other drugs.

[Youth Now](#)

Provides useful resources for parents and caregivers regarding substance use and prevention.





Parenting a teen can be challenging...

TEEN SPEAK

can help!

Teen Speak is a free, evidence-informed workshop for parents and caregivers of teens. Conducted in a group setting, this workshop teaches parents and caregivers the skills necessary to open the lines of communication with their children on important topics such as mental health, substance use, sex, and everyday topics including grades, peers, and phone use. Scientifically proven strategies are discussed to help parents and caregivers support their teens as they transition into adulthood.

This workshop is 4 hours long (can be separated into sessions), offered virtually or in person and is available in English and Spanish.

Available to parents, caregivers, and guardians residing in the counties of Somerset, Hunterdon, Mercer, Middlesex, Monmouth, and Ocean.

Participants will receive a \$25 gift card for completing the workshop.



For more information and/or to schedule a Teen Speak workshop, please email vanessa@empowersomerset.com