

Talking to children about alcohol and drugs

A drug is anything taken into your body that changes the way you act, think or feel. Alcohol, cigarettes, medication, vitamins and caffeine are a few examples of drugs.

Talking to your children early can help them understand your family values and the harms associated with alcohol and drug use. Research shows that it is very important to delay alcohol and drug use as long as possible as the brain continues to develop into the mid-twenties and early use can negatively affect brain development.

Here are some tips to help delay your child's use of alcohol and drugs:

- Take time to talk to your children
- Set clear and consistent messages
- Spend time together as a family
- Be in the know; know their friends, where they are and the facts about alcohol and drugs
- Always keep medications out of reach and locked up
- Return any expired or leftover medicines to your local drug store
- *Be a positive role model*



Always remember that you are the most important influence in your child's life!

For more information please visit publichealthgreybruce.on.ca/Your-Health/Alcohol-and-Other-Drugs

This material is provided by Grey Bruce Health Unit.