

parents, your **VOICE** matters *most*

**Your kids hear a lot of voices about alcohol and drugs...
but they want to hear what you have to say *most of all.***



I want to know you care

As parents, you have the most significant influence on your children's decisions regarding drugs and alcohol. When parents create supportive and nurturing environments, children make better decisions, and it's crucial to establish a safe, honest conversation with them surrounding alcohol and drugs.



I want you to help me grow strong

Since kids' and teens' brains are still developing, they are more vulnerable to the harmful effects of alcohol and drugs. Young brains are more likely to experience long-lasting damage to cognitive function, mental health, and overall development.



I want you to talk to me now

Children are constantly exposed to many voices, ideas, and messages from the world around them about drugs and alcohol. It's important to talk with them early to establish a healthy base from which to make wise decisions. Research shows that children as young as 9 may start viewing alcohol in a more positive way. The earlier you start talking to them, the better.



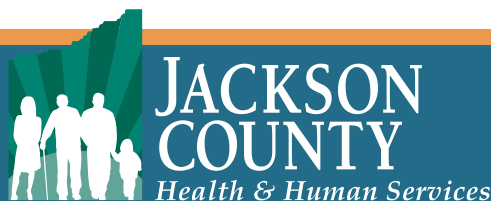
I want you to keep me safe

Clear boundaries help children understand that drinking is harmful and unacceptable until they reach adulthood. Most children can't fully understand how dangerous substance use can be, so protecting them with rules is essential. It's also important to teach them how to respond if they are ever offered alcohol or drugs.



I want to be like you

Your own behavior around alcohol and drugs sends powerful messages to your children. Children carefully observe and absorb the behaviors and attitudes of their parents. If you have a responsible view of alcohol and drugs, chances are your children will, too.



Talk to your kids about alcohol & drugs
Learn how at JacksonCountyOR.gov/Talk2Kids

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