

# ***How do I have a conversation with my teen?***

1. It's never too early to start.
2. Choose a good time and place.
  - Driving, walking, sports
3. Have a "curious conversation" with your teen.
  - Ask open-ended questions.
  - Set expectations toward the end of the conversation based on research and science, not on moral judgment.
4. Stay informed and engaged.
  - Use current events for teachable moments.
  - Set expectations.
  - Use research and science, not moral judgment.
  - Give a way out.
  - Set consequences together ahead of time.
5. Offer empathy and support.
6. Set a good example.

For more information on reducing the risk of teen substance use and addiction, check out [rogersbh.org/teenaddiction](https://rogersbh.org/teenaddiction).

