

FAMILY TOOL 01

Conversation Starters

Open a conversation with curiosity, calm, and respect.

Starting a conversation about drugs does not have to mean giving a lecture. A calm opening can make it easier for a teen to talk honestly and ask questions.

Notice your approach

- Choose a quiet time.
- Lead with care, not accusation.
- Ask open questions such as “What are you hearing about this?” or “How are you feeling about what is going on?”.

Keep the door open

- Listen longer than you speak.
- Avoid labels and assumptions.
- Let your teen know they can come back to the conversation.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: A question I can ask this week is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.