

Think alcohol  
and marijuana  
don't harm a  
teen's brain?



Think again.

**It's a fact.** Alcohol and other drugs can damage your teen's learning and memory forever.

Talk to your kids about the importance of healthy choices, and keep at it through their teens.

For tips on what to say, visit:  
[www.StartTalkingNow.org](http://www.StartTalkingNow.org)



# What can parents do?

## **Create a positive, loving home environment.**

- > Be kind and respectful to each other.
- > Eat dinner together, have pleasant conversations.

## **Talk early and often with your child.**

- > Be friendly and interested. Talk with your child daily about his/her interests or concerns.
- > Discuss your family rules (no alcohol, tobacco, marijuana or other drugs).
- > Learn how alcohol and other drugs affect the teen brain and body, and teach your children the risks to their health and future.

## **Help them become competent and involved.**

- > Young people are much less likely to drink or use drugs if they have positive activities to do.

## **Teach children to choose friends wisely.**

- > Teach qualities to look for in a friend, such as someone who usually makes healthy choices.

## **Monitor your child's activities.**

- > Always know where your children are, who they are with, and what they are doing.
- > Get to know your children's friends and their parents.
- > Help provide safe, fun activities.

**You have the greatest influence on your child!**  
**Learn what else you can do at:**  
**[www.StartTalkingNow.org](http://www.StartTalkingNow.org)**