

KM PRN Resource Sheet Talking with Teens About Drugs & Alcohol

If you need help with starting the conversation about drugs & alcohol with your teens see the list of resources below. Also the KM guidance staff is here to help! KMHS counselor, Alissa Darin, has a background in AODA and is available to speak to any parents and teens needing information about alcohol or drug issues. Contact her at darina@kmsd.edu or 262-968-6273 X 4027.

Additional Resources Include:

www.madd.org/powerofparents - Free digital download of the parent handbook "Power of Parents" and other useful information about topics concerning underage drinking.

www.madd.org/underage-drinking/power-of-youth - Information geared for teens & teen booklet

www.sadd.org/contract.htm - A family contract for facilitating conversations about risky behaviors. SADD also has additional information on a wide range of risky behaviors often engaged in by teens

www.drugfree.org - Partnership for drug free kids – excellent parent resources

www.parentfurther.com/high-risk-behaviors - Including alcohol and drugs

www.abovetheinfluence.com – Resources for teens to rise above peer pressure of all kinds

<http://teens.drugabuse.gov> - The science behind drug abuse & addiction for teens

www.niaaa.nih.gov - National Institute of Alcohol Abuse and Alcoholism

www.thecoolspot.gov - Educational website on alcohol and peer pressure for youth ages 11-13

www.parentteenmatters.org - Parenting tips for talking about dangerous decisions

www.yourchoice-live.org – Resources, monthly e-newsletter, Detour classes located in Hartland

www.addictionresourcecouncilwaukeshawi.org – List of resources, support groups, and programs in Waukesha County including a 24 hour helpline at 262-524-7920