

# PEP Talk

In partnership with EIPS Committee of School Councils



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[www.pepsociety.ca](http://www.pepsociety.ca)

## WHAT DO I SAY? Tips for talking the “talk” ...

Before you engage, prepare yourself...

1. Make a plan – sit where you aren’t disturbed and think. Reflect on the facts, not the emotion of anger or any other negative feelings. Organize your thoughts and decide in advance what you may say.. Negative and strong talk can result in your child “tuning out”.
2. Present the facts and set a tone of openness and support. Open the discussion with a statement of love and concern for your child. Then bring up what you have noticed or even found (drug paraphernalia in your home) or the missed curfews or slipped grades or change in behaviour.
3. Listen – after presenting the facts, ask your child for his/her response to the information you provided. Listen – hear what they have to say with love and concern and then determine if you need further help.. maybe a school counsellor or another professional

### Examples of conversation starters

1. We love you and we are concerned about a few things. We are here to support you but some of your behaviour shows possible signs of drug or alcohol use. We know you are aware of the rules we have in our family and you have been breaking some of those rules.. i.e. curfew, grades, belligerent attitude . One of those family rules that you are also aware of is no drug or alcohol use by pre-teens or teens.
2. I’d like to talk openly with you about your concerns and mine. I’m interested in hearing your views even if we disagree. Can we do that now?
3. Even though you think everyone is using drugs or alcohol, it is also illegal and not allowable.
4. Are any of your friends using? How are you handling that? Is it hard to not use in that environment?
5. We won’t give up on you because we love you and we will continue to have this conversation. If you need outside help, we will be there to support you.

**The purpose is for a two way, face to face conversation that gives your child room to respond, even if he/she disagrees with you. Talking to your kids about drugs and alcohol is a continuous process – not an event. Let your child know that you will want to continue to “check in with him/her”. If you feel the conversation is the same over and over, you may want to seek assistance from outside the family.**

Parents Empowering Parents (PEP) Society was founded over 15 years ago in Strathcona County. We provide free innovative programs for parents/extended family and youth/young adults. Our groups are professionally facilitated and drop in - no registration required. For more information please visit our web-site [www.pepsociety.ca](http://www.pepsociety.ca) or call our Support Line Days/Evenings Weekends 780.293.0737