

Partnership for Drug Free Kids

What to Say to Your Young Adult About Drugs (19-25 yearolds)

As you prepare your child for life after high school, you can help guide her to a healthy experience — while still supporting her independence. The following scripts will help you get conversations going with your 19-25 year old:

SCENARIO

Your adult child is moving to her own apartment or into a college dorm

WHAT TO SAY

I know you're off to start your own life but please know that I'm always here for you. I respect that you're old enough to make your own choices, but if you ever want another perspective on things, give a shout. I'll try my hardest to help you out without judging you for your decisions. Sound good? There are certain things that you can count on in life and one of the things you're going to be able to count on is me.

SCENARIO

After watching a movie portraying drug use together, you want to gauge your adult child's opinion on drugs.

WHAT TO SAY

I know you're going to think that I'm over-protective or meddling, and I'm sorry. But that movie really disturbed me and I'm curious: Is there a lot of drug use at your college/in your new town? Do the new friends that you've made dabble in drugs at all? How do you feel about it?

Tips for Conversations with Your Young Adult

- Make sure you keep an open line of communication with your child as she leaves home. It doesn't all have to be about the topic of drinking and drug use, either — it's about maintaining a really supportive relationship. Your child needs to know that if any problems or difficult situations arise, she can turn to you for help. Be an at-home resource for your college student.
 - Stay alert to possible mental health issues. There is a strong link between mental and physical health issues (including stress) and the use of drugs and alcohol. Just in case something does happen, make sure you know what campus mental health resources are available to your child — and make sure they know, too.
 - While the most popular drugs on college campuses are alcohol and marijuana, non-medical use of prescription stimulants, analgesics (painkillers), and tranquilizers is on the rise. Though prescription drugs do have an important role when prescribed by a doctor, unsupervised use of them can be extremely harmful.
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- <https://drugfree.org/article/prevention-tips-for-every-age>