



Research proves that children and teens whose parents are engaged and hands-on in their day-to-day lives are much less likely to misuse prescription drugs, smoke, or drink alcohol.

Recent studies show that children in West and Southwest Michigan are misusing prescription drugs as early as age thirteen. Not only is it important, it's far easier for parents to speak to their children about prescription drugs before they are exposed to future social pressures. We recommend starting the education as early as age ten. Talking early doesn't have to be difficult.

We have developed a web site dedicated to helping Michigan parents open the doors of communication specifically on

the topic of prescription and other drug misuse. The site provides one location to find existing resources on a variety of drug-related topics. TalkSooner.org



Create positive involvement with your children. Research proves that children and teens whose parents are engaged and hands-on in their day-to-day lives are much less likely to misuse prescription drugs, smoke, or drink. Here are some simple things you can do now to help prevent future family issues:

- Spend time with your kids by having dinner with them at least once or twice a week. Make it mandatory.
- Relax with them while watching a movie.
- Talk to them about their friends and interests.
- Supervise your children and their activities.
- Establish standards of behavior. Tell your children what is expected of them in your home.
- Set positive examples of healthy medication use.

This message is brought to you in partnership with Network 180 and the Lakeshore Coordinating Council. This brochure is supported by a grant from the Behavioral Health & Departmental Disabilities Administration/Bureau of Substance Abuse & Addiction Services. Its contents are solely the responsibility of the authors and do not necessarily represent the views of BHDDA/BSAAS.

West Michigan kids are misusing
prescription drugs at age 13.

TalkSooner.org



Get the Talk Sooner App

Available on the iPhone



App Store

Studies show that West Michigan
kids are misusing prescription drugs
as early as age 13. Talking early
doesn't have to be difficult.

Now there's a web site that can
help. Find resources and important
information about drug use and
misuse at TalkSooner.org



Talk early. Talk often. **Here's how.**

