

# Southern Rockingham Coalition for Healthy Youth

## A Message From Director Charlotte Scott

We are settling in to our new office and we're so excited to be part of the Sanborn High School Community! Please remember we are here as a resource for all so don't hesitate to reach out! Our extension is 196.

Supportive relationships with family members are a **Protective factor** against drug and alcohol use. However, communicating with your teen can be challenging at times. Below is a situation you are likely to have encountered and some tips for talking to your teen!

***Every time you ask your teen how his/her day was, you get a mumbled "Whatever, it was okay" in return.***

### **What to Say**

*Skip asking general questions like, "How's school?" or questions that only need a yes/no answer. Instead, ask more specific questions on topics that interest both you and your teen ("Tell me about the pep rally yesterday." "Who did you have lunch with today?" "Fill me in on your Chemistry lab test.")*

*You can also use humor and even some gentle sarcasm, to get the conversation flowing by making your child laugh and start opening up a bit. To show your teen that you want to know what it's like in his or high school, try this with an exaggerated playful and light tone, "I'm thinking of calling the principal for permission to record a reality-show of your high school so I could see what it's really like for you every day." It can also be helpful to share a brief anecdote revealing something about your day to model opening up, and let your teen experience how it feels good to connect. Want more age specific tips for talking to your kids? Visit [www.drugfree.org/the-parent-toolkit](http://www.drugfree.org/the-parent-toolkit)*

The Southern Rockingham Coalition for Healthy Youth is helping to promote, support, and sustain healthy choices for children, youth and families in our communities by actively working to reduce and prevent alcohol, marijuana, prescription and other drug misuse. There are many ways to stay up to date on what is happening in prevention in your area while also getting helpful tips for keeping youth drug free! Check out our website, join our mailing list and like us/follow us on Facebook and Twitter. We would love for you to join us! Prevention is everyone's business!!

Charlotte Scott

Coalition Coordinator

SoRock Coalition for Healthy Youth

[sorocknhcc@gmail.com](mailto:sorocknhcc@gmail.com)