



Substance Use Conversation Starters

- Find time to talk to your child early and often about substance use, rather than a one-and-done conversation.
- Short conversations are fine. If your child is uncomfortable, you can try another time.
- Try to bring up topics naturally, based on people you see in real life or in movies that you watch together.
- Use a neutral tone when you share your views about substance use, rather than being judgmental.
- Avoid language that would shut down a dialogue about substance use.

Conversation Starters
To Talk About Substance Use


What have you seen in movies, shows or social media about people drinking alcohol or trying drugs?

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Conversation Starters
To Talk About Substance Use

Why do you think it's important for us to talk about smoking, drug and alcohol use?

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Conversation Starters
To Talk About Substance Use

How would you know if a medication or drug was safe for you to take?

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Conversation Starters
To Talk About Substance Use

What do you think about smoking, vaping, drugs or drinking?

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Conversation Starters
To Talk About Substance Use

Who would you talk to at school if someone offered you drugs or alcohol?

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Conversation Starters
To Talk About Substance Use

Do you talk to your friends about drugs, alcohol or vaping? What kinds of things do kids your age say about it?

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Substance Use Conversation Starters (cont'd)

Conversation Starters 

To Talk About Substance Use


How does it make you feel when you see people using different substances?

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Conversation Starters 

To Talk About Substance Use

Where would you go to find more information about the risks of different substances?


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Conversation Starters 

To Talk About Substance Use


What do you think you would say or do if someone offered you an e-cigarette, a drink or drugs?


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To Talk About Substance Use


Who is a trusted adult that you could talk to about drugs, drinking or smoking?

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To Talk About Substance Use

Do you feel comfortable enough around your friends to be yourself without drinking, smoking or using drugs?

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Conversation Starters 

To Talk About Substance Use

Tell me about a time you felt pressured to try drugs, alcohol or e-cigarettes.

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