

# Family Conversations About Substance Misuse



## Directions:

This worksheet is designed to help you have an open, honest conversation with a parent or trusted adult about substance use, peer pressure, and changing attitudes around drugs and alcohol.

Take time to sit down together and talk through each set of questions. Young people should ask the *Young Person-to-Adult Questions* first, then adults can ask the *Adult-to-Young-Person Questions*. There are no right or wrong answers –

this is about sharing experiences, listening, and learning from one another.

You may write down a few notes or key takeaways from your conversation if asked by your teacher, but the main goal is to *have the conversation*.

**Tip:** Find a quiet moment, be respectful, and be curious—you might be surprised by what you learn from each other!

## Values & Expectations

Talking together about family values and expectations around substance use helps build trust and understanding. These conversations can help you learn why your family has certain beliefs and rules. They also create space for honest talks, which can help you feel stronger and more confident when making choices or facing peer pressure.

Young Person to Adult:	Reflections, Key Takeaways & Questions
<b>What kinds of rules did your parents have about drugs, alcohol, or tobacco when you were growing up?</b>	

  

Adult to Student:	Reflections, Key Takeaways & Questions
<b>How do most teens at your school feel about drug use, addiction, and getting help?</b>	



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## Peer Pressure & Decision-Making

Talking about peer pressure is important because it helps us understand each other's experiences and prepare for tricky situations. When we share how we've faced or handled peer pressure—whether as a kid, teen, or adult—it opens the door for honest conversation and helps build trust. These talks can give you tools and confidence to make choices that match your values, even when it's hard.

Young Person to Adult:	Reflections, Key Takeaways & Questions
<b>Did you face peer pressure when you were a kid? What did it look like?</b>	
Adult to Young Person:	Reflections, Key Takeaways & Questions
<b>Have you ever felt peer pressure around drugs or alcohol? What did you do—or what do you think you'd do in that situation?</b>	

## Trends & Changing Attitudes

Substance use trends and attitudes toward drugs, alcohol, and addiction have changed over time. It's important to share perspectives, clear up myths, and discuss how social media, laws, and new risks (like fentanyl) play a role today. These conversations can help you make more informed, thoughtful choices in a constantly changing world.

Young Person to Adult:	Reflections, Key Takeaways & Questions
<b>What were the most common drugs when you were a teen, and how have you seen people's views on drug use and addiction change since then?</b>	
Adult to Young Person:	Reflections, Key Takeaways & Questions
<b>What drugs have you heard about? What is most common among your peers?</b>	

# Family History

Talking about family history with substance use, misuse, or addiction helps break the silence and reduce the shame. It helps give a clearer understanding of potential risks, especially if substance misuse or addiction runs in the family. Being open about family experiences can build trust, open the door for honest conversations, and empower informed choices.

Young Person to Adult:	Reflections, Key Takeaways & Questions
<b>Do we have people in our extended family who have struggled with addiction?</b>	
<b>How are they managing their addiction?</b>	
<b>What has our family done to support them?</b>	

## Reflection

Take a few moments after your conversation to write down any thoughts or insights.

**Something that surprised me:**

**Something I appreciated about our conversation:**

**One thing I want to remember going forward:**

**Questions we still have:**

## What is one promise you can make to each other when it comes to substance use?

It could be about being honest, asking for help, listening without judgment, or supporting each other in tough situations. Write down your commitment as a reminder that you're in this together.

**Adult:**

**Student:**

## Thank you for your participation!

Please feel free to share comments, questions, or concerns after having these discussions. Consider keeping the conversation going!