**Research on evidence base ways to talk to kids about substance use**

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| The Substance Abuse and Mental Health Services Administration (SAMHSA) | <https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child> |
| Evidence Base Prevention and Intervention Support | <http://www.episcenter.psu.edu/OpioidResourcesParents> |
| When You Discover Your Son or Daughter is Using Drugs: Start Talking | <https://drugfree.org/article/start-talking/> |
| Adolescent Screening, Brief Intervention & Referral to Treatment (ASBIRT) | <https://www.mcpap.com/pdf/S2BI%20Toolkit.pdf><https://health.uconn.edu/sbirtacademy/adolescent-resources/> |
| Rothwell, H., & Segrott, J. (2011). Preventing alcohol misuse in young people aged 9-11 years through promoting family communication: An exploratory evaluation of the Kids, Adults Together (KAT) Programme. BMC Public Health, 11(1), 810. | Background: Alcohol misuse by young people is an important public health issue, and has led to the development of a range of prevention interventions. Evidence concerning the most effective approaches to intervention design and implementation is limited. Parental involvement in school-based interventions is important,but many programmes fail to recruit large numbers of parents. This paper reports findings from an exploratory evaluation of a new alcohol misuse prevention programme - Kids, Adults Together (KAT), which comprised a classroom component, engagement with parents through a fun evening for families with children aged 9-11 years, and a DVD. The evaluation aimed to establish the programme’s theoretical basis, explore implementation processes and acceptability, and identify plausible precursors of the intended long-term outcomes. |
| Talk to kids about drugs? Parents just don't do itSchultz, StaceyU.S. News & World Report, Feb 7, 2000, Vol.128(5), pp.56-57 | Focuses on the need for parents to talk about drugs with their children and offers evidence that most parents are not doing it. Ways to inform children about drugs; Typical age that children try drugs; Need to stress the harmful effects of drugs to children. |
| <https://kidshealth.org/en/parents/talk-about-drugs.html> | Parents who are educated about the effects of drug use and learn the facts can give their kids correct information and clear up any misconceptions. You're a role models for your kids, and your views on alcohol, tobacco, and drugs can strongly influence how they think about them. So make talking about drugs a part of your general health and safety conversations. |
| <https://youth.gov/youth-topics/substance-abuse/evidence-based-programs-youth-substance-abuse-prevention-and-treatment> | Prevention programs have proven to be effective, but families and influential adults continue to play the most important role in determining how youth handle the lure of alcohol, cigarettes, misuse of prescription drugs, and illegal drugs. More recent studies have shown that parents and guardians (and adults influential in a youth’s life) who speak to their children about the issues and have dinner with them on a regular basis, have children with a lower rate of use and abuse.2 Prevention programs can help to support family/mentoring relationships by providing parenting/mentoring skills and communication strategies.3 |
| <https://www.betterhealth.vic.gov.au/health/HealthyLiving/talking-to-children-about-drugs> | All children will eventually be exposed to drugs ‒ prescription medication, alcohol and tobacco, and sometimes hard drugs too ‒ or to messages about drugs. It is important for adults to clearly explain to children what drugs are, their functions and which drugs are harmful or illegal. |