



### **Tips for Parents on Dealing with Parties and Drugs: What Strategies are Available and What Are Their Likely Consequences?** (Page 2)

#### *Strategy 4: The Subtle Intervention: "No Big Talks"*

Parents decide that they will not do one "big" intervention, but will try many, ongoing, "little" interventions, and include a number of strategies like: asking what the child thinks about the party/certain aspects of drug use; catching their child being "responsible" and subtly pointing it out or expressing their appreciation for a hard decision, well made; offer advice when it's asked for but provide conditional offers of help from time to time, or providing "cover stories" to save face e.g., saying, "well, I'm still not totally okay about this party thing, but if you find that things are getting out of control tomorrow, let's arrange a phone signal and I'll come pick you up someplace where no one can see me getting you."

#### What Long-term Lessons are Being Taught?

1. My parents still care and are available in a pinch but they have some faith in me.
2. I'm trusted to come up with solutions on my own, because they often ask me what I think, rather than tell me what to do.
3. My intuition and "inner voice" is valued and valuable as a source of decision-making.
4. Things are not out of my control—I have choices and can get over the fear I have that I won't be able to do the right thing.

# Practical Help

FOR PARENTS

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*Support for Parents of Teens/Pre-Teens, Educators & Mental Health Professionals*

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