



A Weekly FAX from the Center for Substance Abuse Research

University of Maryland, College Park

“Time to Talk” and New “Time to Act” Websites Provide Helpful Information for Parents

Recent research shows that less than half of teens report that their parents discuss drugs other than alcohol or marijuana with them (see *CESAR FAX*, Volume 18, Issue 10). *Time to Talk* (www.timetotalk.org), a website sponsored by the Partnership for Drug Free America, provides information and multimedia tools to help parents with the often difficult task of talking about alcohol and other drugs with their children. In addition, the Partnership, in collaboration with the Treatment Research Institute, recently launched a companion site, *Time to Act* (www.timetoact.drugfree.org), “a new, first-of-its-kind resource to help parents spot signs and symptoms, have productive conversations with their teens, and find outside help if they need it.” Both websites provide straightforward, science-based information and recommendations grounded in the belief that parents are an influential force in their children’s lives.

Information Found on *Time To Talk* and *Time To Act* Websites

 www.timetotalk.org	 www.timetoact.drugfree.org
<ul style="list-style-type: none"> • Examples of scenarios of abuse, including helpful tips on how to talk with your child about the risks and how to safeguard that may arise, with age-appropriate suggestions on how to start a conversations. 	<ul style="list-style-type: none"> • Videos of experts in the field providing tips on how, when, and what to ask if you think your child may be using drugs.
<ul style="list-style-type: none"> • How to teach your children to say no to drugs, including sample scenarios and possible responses. 	<ul style="list-style-type: none"> • Information on the signs and risk factors of drug abuse.
<ul style="list-style-type: none"> • How to answer the question, “Did you do drugs?” 	<ul style="list-style-type: none"> • How to prepare before talking to your child—and tips on what to say to them—when you know they are using drugs.
<ul style="list-style-type: none"> • Podcasts on prescription drug your medications at home. 	<ul style="list-style-type: none"> • How to set limits, rules, and consequences for your drug-using child.
<ul style="list-style-type: none"> • Tips on how to help your teens slow down and stress less 	<ul style="list-style-type: none"> • Advice on getting outside help.

SOURCE: Adapted by CESAR from The Partnership for a Drug-Free America, *Time to Talk* website, www.timetotalk.org and *Time to Act* website, www.timetoact.drugfree.org.