



Connection is prevention. Start small, start today.

Building strong bonds with the teens in your life is one of the most powerful ways to protect them.

When it comes to preventing substance use, your relationship with the teen you care about matters most. It's not about having one perfect, serious conversation. It's about the thousands of small, everyday moments that say, "I see you, I hear you, and I'm here." These moments build the trust and resilience that help teens navigate pressure and make healthy choices. Connection, in all its forms, is prevention.

Don't Force the "Talk."

- The best conversations often happen sideways—in the car, while making food, or during a walk. Don't force a talk; just be present and available.

Go Beyond "Fine."

- Replace "How was school?" with something like, "What was something funny that happened today?" or "What's something that challenged you?" Then, really listen to the answer.

Start with a more general question before digging deeper.

- Ask about their interests overall, such as, "What song are you listening to?" It can open the door to talking about tougher topics in a low-pressure way.

You are their best protector. Strengthen the bonds that keep them safe.

Visit us for resources:

- Find free local activities for your family.
- Access youth and family resources.
- Take a free, 5-minute assessment to learn about protective factors



Greater New Bedford

OPOID
TASK FORCE

