

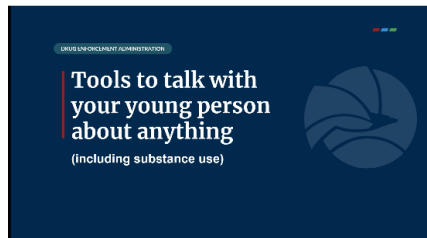


# Tools to Talk with Your Young Person about Anything (including substance use)

Caregivers play a key role in helping young people navigate the risks that exist in today's world. The U.S. Drug Enforcement Administration has developed this video presentation to help parents and other caregivers communicate effectively with the young people they care about. The "Tools to Talk" video series is made up of eight short videos that offer skills to caregivers that they can use to communicate more effectively with their young person.

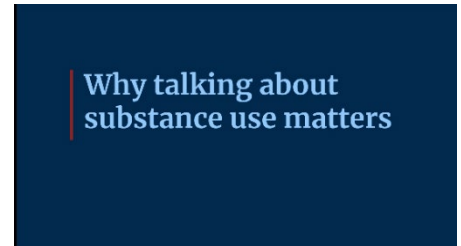
## Introduction:

Addresses common challenges caregivers face when talking with young people.



## Why talking about substance use

**matters:** Provides an overview of today's drug landscape and the importance of caregiver communication.



## Tools to Talk,

**Part 1:** Introduces LOVE skills, a way of talking that is based on Motivational Interviewing and CRAFT.



## Tools to Talk,

**Part 2:** Demonstrates how listening and offering skills can be used in a real word-situation.



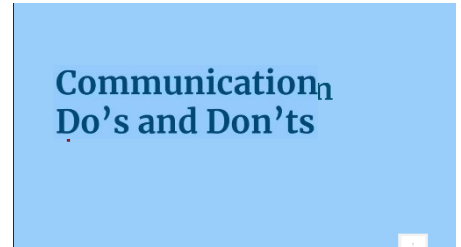
## Tools to Talk,

**Part 3:** Focuses on the role of validating and empathizing when talking.



## Do's and Don'ts:

Key ideas to use in everyday conversation.



## Spot the Skill:

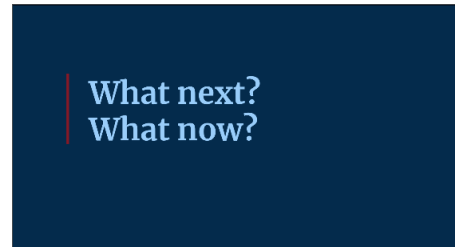
An opportunity for the viewer to test their knowledge by identifying skills a caregiver uses in conversation.



## What next?

### What now?

Encourages viewers to learn more, practice their new skills, and identifies additional resources from the DEA.





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The “Tools to Talk” video series can be shared in many different ways. Some examples include:

- Caregivers can watch (or re-watch) the videos online, to understand and prepare to practice the concepts.
- Community facilitators can organize events where participants to watch the videos ahead of time and then gather to discuss the key ideas and how they can be used in “real life.”
- Organizers can present some or all of the videos and use the breaks between the clips to discuss the ideas.

A “Tools to Talk” worksheet can be downloaded at [www.getsmartaboutdrugs.com/toolstotalk](http://www.getsmartaboutdrugs.com/toolstotalk) by individual families or shared with event participants. It contains key ideas from the presentation.

Tools to Talk is intended to be the start of a process. DEA has many resources that families and communities can use to promote positive conversations.

## GET SMART ABOUT DRUGS

A DEA RESOURCE FOR PARENTS, EDUCATORS & CAREGIVERS

**Get Smart About Drugs** at [www.getsmartaboutdrugs.com](http://www.getsmartaboutdrugs.com) contains news, podcasts, guides and more to help parents, educators and caregivers help the young people they care about.



Together  
for  
Families

**Together for Families** at [www.dea.gov/togetherforfamilies](http://www.dea.gov/togetherforfamilies) contains resources from the DEA’s government and non-profit partners at the national, tribal, state and local level.



**One Pill Can Kill, Your Voice Can Save a Life** is DEA’s campaign to educate the American people about fentanyl and equip families and communities to take action. Resources for families are at [www.dea.gov/onepill/parents-and-caregivers](http://www.dea.gov/onepill/parents-and-caregivers)

## OPERATION PREVENTION

Discover • Connect • Prevent

**Operation Prevention** is DEA’s grade 3 – 12 curriculum that is free for educators across the nation. The accompanying parent toolkit is at [www.operationprevention.com/#parent-toolkit](http://www.operationprevention.com/#parent-toolkit)

*To learn more about the key ideas from the Tools to Talk presentation, visit our partners, Partnership to End Addiction and CMC: Foundation for Motivation and Change.*



<https://drugfree.org/skill-building/>



<https://cmcffc.org/resources>

**[www.getsmartaboutdrugs.gov/toolstotalk](http://www.getsmartaboutdrugs.gov/toolstotalk)**