

Drug Awareness

Talking to your child can be hard but it is the key to good relationships. Children may experiment with alcohol and other drugs even with parents' best efforts. Do not get discouraged! It is difficult for your child to make responsible decisions with all the things that he or she is experiencing in life.

What can you do? Start communicating with your child about alcohol and other drugs. The sooner you start the better. **Start Talking** is a parent guide produced by Toronto Public Health to help parents open the lines of communication.

To order the pamphlet or for more information on related health issues, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Drugs—Start Talking).

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