

# Counselor's Corner

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## Taking the Time to Talk

As a parent the things you say and do have a tremendous influence on the decisions your child makes, especially when it comes to using drugs or alcohol. Research shows that kids who learn a lot about the risks of drugs from their parents are up to 50% less likely to use. By talking to your kids about drugs and alcohol, you can help them make better choices and live safer, healthier lives.

Starting the conversation with your kids and keeping communication open is never easy—but it's also not as difficult as you may think. Whether you're having trouble finding the time or finding the right words, [samhsa.gov](http://samhsa.gov) can provide the support and resources you need when it's time to talk to your kids about drugs and alcohol.

We will be celebrating Red Ribbon Week here at BMS during the week of October 24-28. This would be a great time to try to make the extra effort to connect with your middle schooler. Just knowing that you're available and willing can go a long way toward filling a need for your child.