

## Talking to a young person about crystal methamphetamine use

Starting a conversation about crystal methamphetamine ('ice') or other drugs with a friend or family member is an important way of showing your support and encouraging effective communication.

Tips for starting a conversation about ice and other drugs:

- **Gather information** to make sure you understand what ice is and its effects. Have a clear idea of what it is that concerns you about ice.
- **Arrange a suitable time to talk** when you will have some privacy and you won't be interrupted.
- Ask what they know about ice; **don't make assumptions** about their knowledge of the drug. Aim to make the conversation relaxed and give the person a chance to express their views.
- **Don't tell them what to do and try not to be judgemental**. When people are having a hard time, the last thing they need is a lecture. Be sure to listen and express your concerns in a supportive and **non-confrontational** manner.
- **Let them know you care about them**. People will be more likely to listen and engage in a conversation if they feel valued and respected.
- **Be trustworthy and supportive** so they know that they can rely on you in a time of need. Make sure they know your conversation will be kept confidential.
- **Let them know you are available to talk in the future**.



This information has been adapted from the Posi  
"Talking to a young person about alcohol and oth

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