

Getting ready for the upcoming school year isn't all about notebooks, brand-new clothes and lunchboxes. It's also about laying the foundation for good communication with your child and preparing them for a new transition.

Questions about drugs and alcohol will inevitably come up during the school year. Need some help? Check out the items in our back-to-school survival guide, designed to help you talk, listen and improve your overall communication with your child:



1. **Prevent drug use at every age.**  
From preschool to young adulthood, find out [what to say](#).
2. **Learn about the drugs in your teen's world.**
  - Our [Drug Guide](#) will give you the facts to keep your teen safe (PDF).
  - Download our [free mobile app](#) for Android phones and iPhones for easy access to information on drugs most commonly abused by teens – including photos, slang terms and short- and long-term effects.
3. **Listen to what these moms have to say.**  
Partnership moms give their 10 best [back-to-school tips](#).
4. **Set limits.**  
While your teen's judgment skills are developing, she needs you to keep her safe by [setting clear limits](#) backed up with firm consequences.
5. **Become a better listener.**  
Learn how to [listen](#). Take this [quiz](#) (PDF) about active listening, and learn how it can help improve parent/teen conversations.
6. **Starting a [new school](#)?**  
Help your child make good choices during this critical time.
7. **Talk about marijuana.**  
Find out how to have meaningful, productive conversations with your teen about [marijuana](#).
8. **Help end medicine abuse.**  
More teens are abusing [prescription medicine](#) than ever. Here's what you can do to help.
9. **Encourage healthy competition.**  
Help your student athlete embrace [healthy, drug-free competition](#).

10. **Write a [contract](#).**

Establish rules (in writing) about drugs and alcohol that you both agree to (PDF).

*Still have questions? The Partnership for Drug-Free Kids is where families find answers. Visit our website, [drugfree.org](http://drugfree.org), year-round for more tips, tools and resources.*