

Talking to Your Peeps About Their Use

You don't need to be a perfect example

Don't hesitate to look out for each other even if you might share a drink or use with your peeps.



Come from a place of compassion and curiosity

Know your facts but don't overly know your facts and talk down to someone (ex: "...you know you are killing your brain cells...").

Try not to scare or threaten the other person or set ultimatums.

Try to avoid the "you do you" attitude

It can be an excuse to not engage in conversation. Instead, remember that the conversation coming from a trusted friend might actually land better than someone else.



Don't get annoyed or upset if your friend doesn't immediately respond

It's rare that the person will be like "Thanks, you are so right I will change this right now. Appreciate you lookin' out."

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Defining concerning behaviors is helpful (and to be real, it's not the easiest thing to do sometimes)

Misuse of substances can be harmful, both short term and long term. Misuse might be seen when the behavior starts to negatively impact other areas of one's life, academics, job, etc.

When defining concerning behaviors, be real but not judgmental

Remember you're a friend looking out for someone, sometimes "tough love" can still be delivered in a gentle way.

("Hey, I'm only bringing this up because I see you slipping on your grades. I remember you bringing up school was your first priority.")

TIPS WHEN BRINGING UP RESOURCES

When directing/telling your friends about resources it might be a combination of not knowing what resources are out there, what resources you can trust to send them to, and convincing them they are worthy of the resources for substance use, emotional, and mental wellness support.

This is a lot to hold on your own shoulders and that is real! So, take a moment and remember you're doing your best!

It's not all on you, so provide resources and information that you know and trust.

Both of you should agree about any follow up. Set healthy boundaries for yourself and remember that their business is still their business.