



Tell ME



Every Day...

- I make you proud
- I am safe
- I am a good listener
- To smile and laugh
- I am important
- I am loved
- My feelings matter
- I am patient
- I make you happy
- I am a nice person

Every Moment is a Teaching Moment

Be a good role model so your child learns positive behavior.

Limit technology. Make more time to play, laugh, sing and read together.

Return baby's coos, smiles and gestures to spark brain development.

LEARN MORE

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When you tell me these things, you boost my self-esteem and protect me from the risk of later drug use.

Supporting Healthy, Drug-Free Lives for Ohio Children and Families



Start Talking!

Start Talking encourages families to act now to protect their children, even those who are very young, from the risk of drug use.

Simply having family conversations with middle and high school students about drug abuse can help prevent it.

Building and celebrating strong, healthy behaviors early on can help young children become more confident and positive.

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**Research shows
that telling young
children they are loved
and safe reduces their
risk of early drug use
and helps them do
better in school.**

