

# HOW TO PREPARE YOURSELF 4 THE CONVERSATION

It is not easy to have a conversation about drugs, more so if you think your friend might be struggling with using them. It's important you prepare yourself for the conversation. We recommend you call FRANK on 0300 123 6600 for confidential advice. Here are some suggestions you might find useful when preparing yourself for the conversation about addiction:

- Keep in mind, and tell the person you are talking to, that this could be an awkward conversation to have. It's best to have it face to face if possible.
- Your friend may think you are accusing them of something which may bring up negative emotions. Don't take this personally and try to diffuse the situation.
- Find a private place and leave a lot of time in your schedule as this could be a long conversation. You might need to have it more than once.
- Download or open our Helpful Organisations so that you have it ready and are prepared to share the support information with your friend if they need it.

[www.ourwatch.org.uk/drugsknowmore](http://www.ourwatch.org.uk/drugsknowmore)



Let's Talk Drugs is an awareness campaign run by young people for young people, supported by Neighbourhood Watch Network



**LET'S  
TALK  
DRUGS**

# CONVERSATION DO'S AND DON'T'S

## DO

Do have the conversation in person if possible and have it in a private environment, to make sure you both feel comfortable to talk.

Do remind your friend that they don't need to be embarrassed or ashamed and that you are always there for them.

Do be as supportive as possible to the other person as they could be going through a lot. Always remember to look after yourself as well, as those conversations might not be easy for you either.

Do have the conversation multiple times. And remember this should be a conversation and never a lecture, so always listen to what your friends has to say, and give them plenty of time to talk.

## DON'T

Don't be judgemental. Your friend might feel judged already or have a lots of self-critical or negative thoughts.

Don't have the conversation when either of you are intoxicated. If you're on drugs the conversation could go wrong in a number of ways.

Don't force them into having the conversation, it if they aren't comfortable or ready to talk about addiction. Simply reassure them you are happy to talk whenever they're ready.

Don't answer questions or offer advice without having experienced this issue. Instead refer them to somewhere they can get help and advice from a professional. You can look at our Helpful Organisations Sheet.

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**I HAVEN'T  
SEEN MUCH OF YOU  
RECENTLY, IS  
EVERYTHING OK?**

**HEY, I'M HERE FOR  
YOU IF YOU WANT  
TO TALK.**

# **CONVERSATION STARTERS**

**YOU'VE NOT  
SEEMED YOURSELF  
LATELY, HOW ARE  
YOU ?**

**WE HAVEN'T  
TALKED IN A  
WHILE. ARE YOU  
DOING OK?**

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