

the **solution** lab

There's no user-manual for raising teenagers, but there is support!

We get it—navigating your child's substance use can feel **overwhelming**, but you **don't** have to do it alone.

The Solution Lab offers straightforward, **expert-backed articles** that give you the guidance and support you need, **without** the jargon and the judgement.

Whether you're unsure about what signs to look for or how to approach the next step, **we've got your back** with clear, thoughtful advice.

We're here to **empower** you to make the right decisions, helping you **feel confident** and **supported** every step of the way.



Flip over for valuable **talking points** before testing your child →



Scan QR code to access our free parent resources

We know this journey can **feel uncertain**, but **The Solution Lab** is here to help you **navigate the tough times** with practical advice, expert guidance, and resources tailored for families like yours.

TALKING POINTS

How to Introduce Testing to Your Kids:

Start with Trust:

“We want you to know this isn’t about punishment or distrust— **it’s about building trust as a family.** We all face pressures, and sometimes it’s tough to talk openly. This is just one way we can stay connected, making sure we’re all looking out for each other.”

Focus on Support:

“The goal **isn’t** to catch anyone off guard, but to **offer support and guidance.** If anything comes up, **we’ll face it together as a family,** without fear or judgment. Talking things through makes it easier for all of us to handle what life throws our way.”

Be Honest About Why:

“There are so many influences out there, and it’s easy to get swept up in things. We’re doing this because we care about your well-being, not to control you. It’s about **staying informed** and making the best choices, together.”

Address the Underlying Issues:

“Substance use can sometimes be a sign of **something deeper**— stress, anxiety, or peer pressure. We want to **understand** what’s really going on so we can **support you** in the best way possible.”

Emphasize Participation:

“**Your voice matters in this process.** You get to be involved, and there’s **no pressure.** We even want to **reward your participation**— because by doing this together, we’re building trust and accountability as a family.”

you got this!