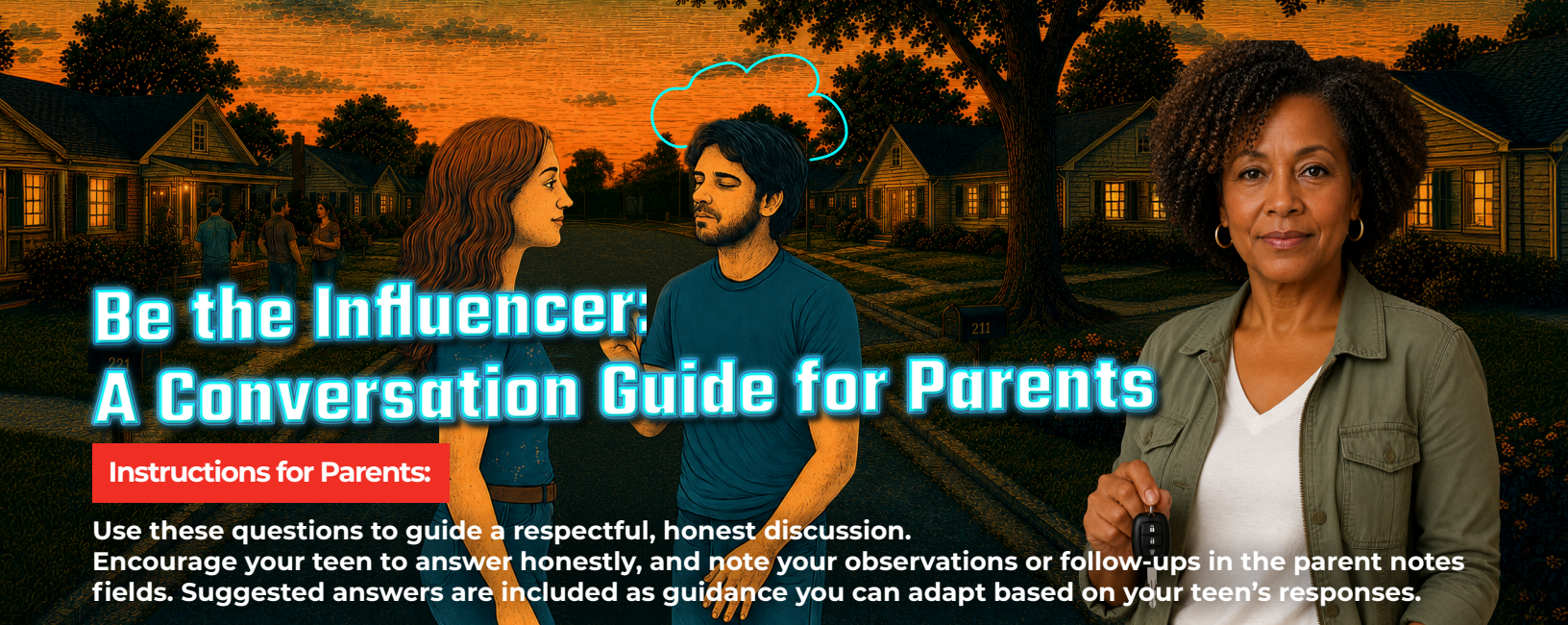




Be the Influencer: A Conversation Guide for Parents

Instructions for Parents:

Use these questions to guide a respectful, honest discussion. Encourage your teen to answer honestly, and note your observations or follow-ups in the parent notes fields. Suggested answers are included as guidance you can adapt based on your teen's responses.

1. How do you feel about teens using weed before driving?

"I didn't think it was that dangerous."
"I know it's risky, but some friends do it anyway."
"I wouldn't drive high, but I've been in a car with someone who did."

2. What do you know about how cannabis affects driving?

"It slows down your reaction time."
"It makes it harder to focus on the road."
"I didn't realize it affects coordination and judgment."

3. Have you ever been in a car where someone was high? How did it feel?

"It was scary."
"I didn't feel safe."
"I didn't know how to speak up."

4. What could happen if you or a friend drove high?

"You could get a DUI and fines."
"You could hurt yourself or someone else."
"You might lose your license or future opportunities."

5. What strategies could you use to avoid driving high or getting in a car with someone who is?

"Use a rideshare or public transportation."
"Ask a sober friend or family member for a ride."
"Wait until the cannabis wears off before driving."

6. How can you be an "influencer" among your friends to make safe choices?

"I can speak up if someone is thinking about driving high."
"I can plan safe rides for friends."
"I can set the example and make safe choices myself."

7. What is one action you will take to stay safe behind the wheel?

Tip for Parents:



Keep the tone open and non-judgmental.

Listen more than you talk—these conversations are ongoing, not one-time lectures.

Encourage your teen to think about their influence on friends' safety too.



Funding provided in whole or in part by the Illinois DUI Prevention and Education Fund

VISIT: [HELPGUIDETHRIVE.ORG](https://helpguidethrive.org)

