



Casco Bay CAN

CREATE AWARENESS NOW
TOGETHER, PREVENTING YOUTH SUBSTANCE ABUSE

Casco Bay CAN is a local youth substance abuse prevention coalition serving six communities: Cumberland, Falmouth, Freeport, North Yarmouth, Pownal and Yarmouth.



Start the conversation

- In the car, you have a captive audience to start the conversation.
- When watching a TV show together, address any illegal drug or alcohol use shown and ask your child questions.
- During mealtimes, take time to speak to your child – research shows that children who have dinner with their families are less likely to drink alcohol or use illegal drugs.

Youth are 50% less likely to use drugs and alcohol when their parents talk to them regularly about the risks.



Talk Early, Talk Often...

Tips for speaking with your child or teen about underage drinking and illegal drug use

www.CascoBayCAN.org

Together, we CAN prevent youth substance abuse