

Drug Sense UK

Tackling Drug Abuse in the Work Place, Schools, Colleges and the Home

LET'S TALK DRUGS

28th September

6pm – 7.30pm

Mian School Hall



Teenagers spend more than 80% of their time outside school, where the prime influences are the family and the community. The people they learn from are the ones they relate to. If a parent can maintain a reasonably good relationship



with a son or daughter during the turbulent growing years, this is the most valuable stone in the foundation of drug prevention. These foundations are laid before they reach 14 and it is important for us as parents to remember that these foundations do not crumble when the quest for independence starts. We have to hold our nerve, keeping the doors of communication open, availing of any fleeting opportunities for reasonable conversation

WHAT CAN WE DO AS PARENTS...?

Here are five simple actions — simple to write, but not so simple in real life.

The acronym is **REACH**.

R is for Relationship. A good relationship between a parent and child is the best foundation for prevention of drug problems. Keep the lines of communication open. You don't have to be an expert on drugs to do this.

E Is for Example.

Your life style as a parent can have a huge influence on your child. Using drugs openly in front of them could be a major factor on their decision to use drugs in the future.

Be moderate in your use of alcohol. Explain how drink can have an impact on you and your subsequent behaviour. For example, your six-year-old will remember hearing you say "I'm not drinking alcohol because I'll be driving later".

Use prescribed medicines sensibly- and explain why some drugs are good for us if used in the manner they have been prescribed for.

A is for Attitudes.

Attitudes to drugs ("for" or "against" drugs) are formed through debate and discussion, so don't be afraid of the topic of drugs. Let young people express their thoughts, and express your own. For instance, you can debate about whether the threat of prison stops people using drugs. You will clarify your own attitudes as you go along.

C is for Confidence.

A child with high self-esteem is less likely to run into trouble with drugs. Foster self-esteem by giving hugs, appropriate praise, and by showing love.

H is for How...

Discuss with them: How could you say "No" without losing face?

How would you cope with someone passing round a can of lager, a cigarette or a joint?

How might you react if someone collapses from inhaling something?

These "How to" questions enable you and the young person to anticipate these events, without your giving them a lecture.

There is no greater loss than to lose a 'son or daughter' to drugs, so having the ability to recognise the early signs and symptoms of drugs misuse is crucial to the early intervention. PLEASE DO COME ALONG TO THE PARENTS EVENING.