

Drug & Alcohol Use

When it comes to drug and alcohol use, it's important for parents to have open and honest conversations with their children and adolescents. Drugs and alcohol can have serious and long-lasting effects on physical and mental health, relationships, and overall wellbeing. It's important for young people to understand the associated dangers and risks, as well as the impact it can have on their futures. Keeping your children informed to make responsible decisions will provide an opportunity to share information, values and beliefs, and offer guidance as they navigate these complex issues.

Empower confidence. Start the conversation using these strategies:

- 1. Risks and dangers:**
Explain what these are, including the impact on physical and mental health.
- 2. Making responsible decisions:**
Emphasise how drug and alcohol use can lead to poor judgement and dangerous situations.
- 3. Legal consequences:**
Discuss the implications, including the potential for arrest and imprisonment.
- 4. Peer pressure:**
Discuss how to handle it, including strategies for saying, "no" to drugs and alcohol.
- 5. Values and beliefs:**
Share your views and encourage your children to develop their own values and beliefs.
- 6. Media and popular culture:**
Talk about the role it plays in shaping attitudes and encourage critical thinking about the messages portrayed..
- 7. Long-term effects:**
Explain the effects on personal relationships, including damaging family bonds and friendships.
- 8. Being open and honest:**
Ensure they can talk to you if they are facing pressure to engage in drugs or alcohol use.
- 9. Engaging in other activities:**
Encourage other positive, healthy activities and interests as alternatives to drug and alcohol use.
- 10. Ongoing support and guidance:**
Emphasise that drug and alcohol use is a subject that is always open for discussion.