



PARENT TALK

Many parents are concerned about the pressures on their children to try drugs/alcohol/smoking. Often they feel overwhelmed as they consider the wide range of influences on their young people and wonder if they can be effective. It is vital parents realise they have a major impact on their children and can effectively steer them away from substance misuse.

Parents can: -

- a) Maintain strong family relationships- an important aspect of this is ensuring there is purposeful communication in their family— setting aside and protecting regular “family time” and planning activities the whole family can enjoy.
- b) Give children individual time and attention.
- c) Model integrity - be truthful and honest
- d) Give praise at every opportunity
- e) Set boundaries and consequences and enforce them!
- f) Ensure a strong network of family and friends, which have positive influence.

Parents also need to actively seek out information – be aware and knowledgeable.



Did you know: -

56% of pupils have had an alcoholic drink and most were age 12 at their first time?

44% of pupils were given alcohol by their friends the first time.

41% of young people state their parents do not know they drink.

N.I has one of the highest levels of teen alcohol consumption in Europe.

(Young Persons Behaviour and Attitudes survey NI Statistics and research Agency 2001)

Half of all under 15's have used illegal drugs
(Youth Development Study Research Team Sept 2005)

Cannabis is the most commonly used illegal drug with 12% of young people reporting use in the last year. (2002/2003 Drug Prevalence Survey from National Advisory Committee on Drugs NACD and Drug and Alcohol Information and Research Unit, DAIRU)

Courses that CCDAAG can facilitate for parents such as How to Drugproof Your Kids and Talking

About Tough Issues are designed to look in detail at this whole area and include up to date statistics, practical advice and support for parents.

There are no guarantees that children will always make the "right" choices but research shows that parents can play an important part in children making good choices. Anyone interested in hearing more about courses or who would like help or support is welcome to contact our office in Cheston Street tel 93351562