

SUBSTANCE USE, ABUSE AND ADDICTION

A Guide for Parents

As parents, it can be challenging to deal with children who are in the phase of their life where taking risks are thrilling. This could lead to substance use and addiction and it can be tough to deal with this. It is important that one knows the influences in their child's life to ensure that their child leads a healthy, substance free life. Here are some tips for parents to deal with the same

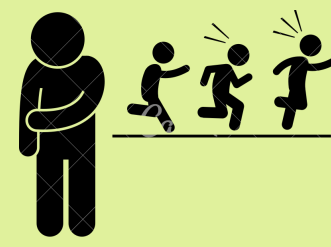
Educate Your Children and Have Conversations

Addressing issues such as drug use and dependence at home can be a good start in educating children against the use of drugs. Overwhelming evidence shows that a parent's lessons and involvement reduce the risk of substance abuse habits, particularly when started at an early age.



Be Aware of Your Child's Associates

As children make transition in life, move through school and meet new people, they are likely to bounce around different circles. Some of these people may convince them to experiment with alcohol and other drugs. Knowing your child's circles can help in addressing issues of peer pressure.



Organise Parent Community Activities

When parents support community activities that promote healthy decisions and alternatives, children see this as being a good role model. Parents can help to organise events such as alcohol- and drug-free graduations, serve as chaperones, or help the event by soliciting for funds.



Impact of Addiction on Family

Parental drug abuse and addiction can have severe and long term consequences on the family, particularly the child, who may not receive the warmth or care they seek or may resort to abusing drugs themselves.

