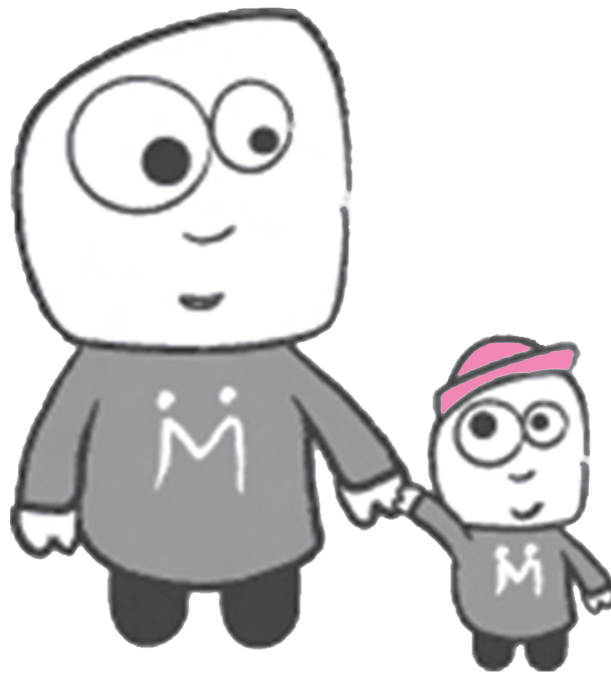


prevention-smart parents



**Ways for Parents and Caregivers
to Prevent Alcohol and Drug use
by their Children**



prevention-smart parents

Partners in Prevention Project for Eastern Africa

*Supported by Fonds de Lutte - Luxembourg, Eu
and undertaken through Mentor Foundation (International).*

2011

Table of Contents

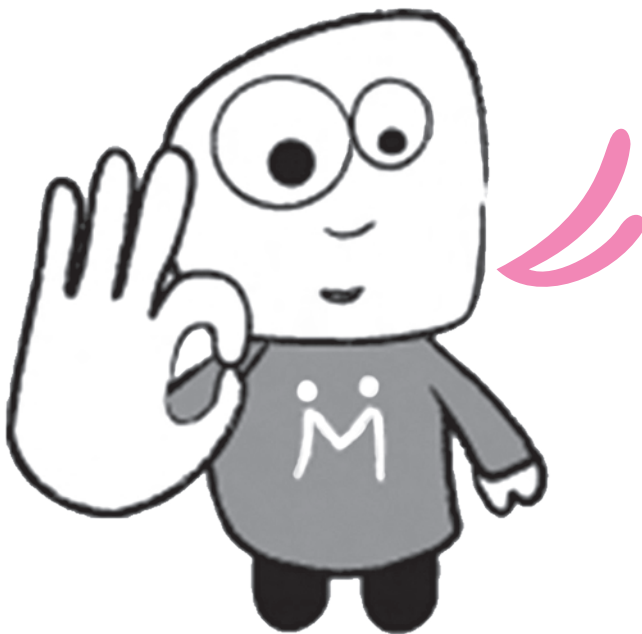
CHAPTER:

1.0	YOU'RE NOT ALONE!	1
2.0	Why do Teenagers act the way they do...	3
3.0	What you need to know about Drugs	11
4.0	What you need to know about Alcohol and Tobacco	19
5.0	What you need to know about Marijuana/Cannabis	27
6.0	Why do some Young People use Drugs	31
7.0	How do I Protect my Child from Drugs	37
8.0	Communication, Discipline and Support	47
9.0	Does Media make a difference	57
10.0	What to do if my Teenager is using Drugs	65
	ADDITIONAL RESOURCES	70



CHAPTER **1**

YOU'RE NOT ALONE!



Parenting Tips

What is the age of your children?

- **Age 1 to 10:**

Your child is probably too young to be involved with alcohol and other drugs yet. Our website will help you to be a prevention-smart parent.

- **Age 11 to 15:**

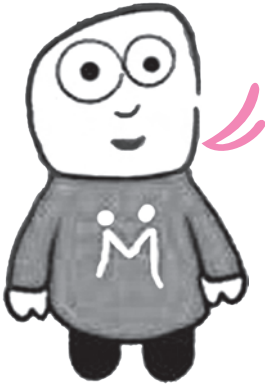
Your child is in the years when drug experimentation or use may begin. We will help you become a prevention-smart parent. If your child is already experimenting with or is beginning to use drugs, we have a chapter for you.

- **Age 16 and older:**

*Some teens in this group may experiment with or use drugs. We will help you to be a prevention-smart parent. If your child is experimenting or using, **Chapter 10: What To Do If My Teenager Is Using Drugs** may help.*

CHAPTER 1

YOU'RE NOT ALONE!



Regardless of culture, parents can be frustrated with changes they may see in their child as he or she grows into the teenage years. One concern is whether their child is beginning to use drugs.

If your child is not a teenager, you may consider looking into the future for strategies that help you deal with this behavior when it arises.

Like a lot of parents, Debbie's mother was reluctant to share difficult parenting experiences because she was fearful of being judged. However, parents who find it difficult to share their concerns may miss out on opportunities to get support from other parents facing similar situations.

Many a times, Parents are reluctant to share difficult parenting experiences because they are fearful of being judged. However, parents who find it difficult to share their concerns may miss out on opportunities to get support from other parents facing similar situations.

Feelings of concern, frustration, anxiety, self blame, anger and even despair are common when raising teenagers. Parents' confusion over sudden behavioral changes of their teenage child are quite normal.

This guide aims to offer you, wherever you are, ways to prevent drug use (including alcohol and tobacco) by your children. A major focus is the use of clear, positive communication between you and your children.

The guide focuses on issues linked to youth drug use, including:-

- ◆ Education about drugs and their dangers
- ◆ Understanding why some young people use drugs
- ◆ How to talk with your child or teen about drug use
- ◆ Steps you can take if your child is already experimenting or using
- ◆ Strengthen your efforts to raise a healthy child by trying to help to prevent their involvement with drugs.

THE WORDS WE USE

There are several words we use throughout the chapters. Here is a list of terms and how they are defined:

- ◆ **Drugs:** refers to all substances including alcohol and tobacco as well as illegal drugs
- ◆ **Youth:** a general term that refers to young people of all pre-adult years
- ◆ **Teenager:** refers to the age range of 12 – 19 years.
- ◆ **Parents:** traditional parents, single parents, guardians and other primary caregivers to the child.
- ◆ **Family:** the immediate and extended family of a child.
- ◆ **Drug Prevention:** means efforts to help avoid the illegal, inappropriate, unhealthy, harmful use of drugs.

Suggested Activity

Your Concerns

1. What are the things that concern you most about your children's behaviour – either now or as you face the future? Make a list.
2. Ask a trusted friend or relative the same question and compare your lists. Are you alone? Or do all of us have real concerns about what our children do and the way they behave?

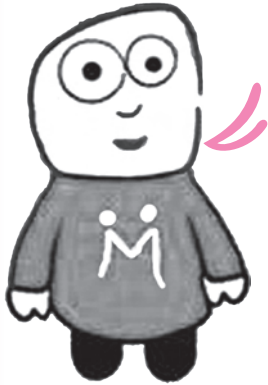
SUMMARY

This short chapter tried to help you realize that you are not alone when facing the problems... and the joys... of your children growing up. Even concern about your children's use of drugs is very normal.

But remember – **DON'T PANIC** – the majority of young people do not abuse or become dependent on drugs!

What is important is that we try to become **PREVENTION-SMART** and discover how we can improve our communications with our children. We should do what we can to make it less likely that they get involved with drugs. Remember that parents and caregivers are human too and we can only do so much – but we should try our best as part of our responsibilities as a parent.

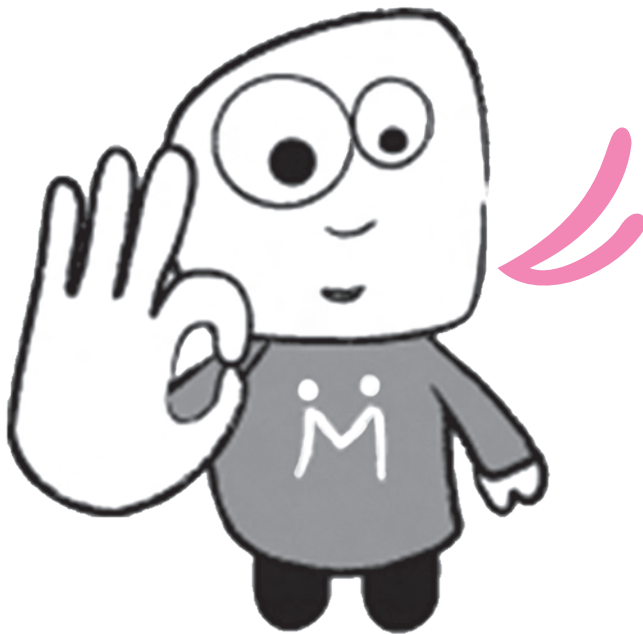
The rest of the chapters aim to help you with this so that you can be better equipped to be **PREVENTION-SMART**.



Remember:
YOU ARE
NOT ALONE!

CHAPTER 2

WHY DO TEENAGERS ACT THE WAY THEY DO?



Parenting Tips

Latest research: *Drugs and the Brain*

New findings from research indicate that the brain continues to develop in significant ways during the teenage years. Also scientists now say that brain development and brain functioning can be negatively impacted when a young person alcohol or other drugs while the brain is still developing.

- ***New science suggests that use of alcohol and other drugs while the teenage brain is developing can have a negative effect on the child's ability to learn. Also, when drugs are used at an early age, the teenager is more likely to develop a long-term problem with drugs, including addiction.***

CHAPTER 2

WHY DO TEENAGERS ACT THE WAY THEY DO?

Teenagers do not grow up in isolation: They are influenced by all that happens around them. This begins from an early age. Among the most important influences on children are parents, caregivers and the family. We look in more detail at these influences, especially as they relate to drug prevention.

THE MOST IMPORTANT INFLUENCE



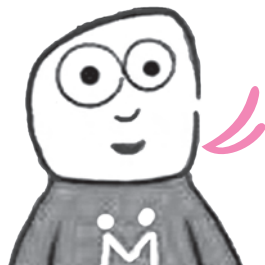
Most of us are aware of how important the early years of childhood are. During this time children learn so much that will influence the rest of their lives. Habits and behaviors are often established during these early years including not only the obvious, like being polite and how to respond to strangers, but also how to express emotions like love, hurt, joy and happiness.

Children have a natural tendency to be spontaneous and honest in their expression of emotions when they are growing up in a loving and caring family. They learn values and an understanding of right and wrong from their parents. To a child, family is the most important influence on the kind of adult they will grow up to be.

Of course there are other influences, these include:-

- ◆ Genetics - behavior resulting from what they are born with.
- ◆ Imitation or modeling of behavior of other adults, including TV stars, sports figures, pop stars and celebrities.
- ◆ Other influences arising from their perceptions or experiences as they grow.

In other words, what the child witnesses and experiences - what the child learns both from family, school and community - sets the stage for their future. Recent research into how the brain develops confirms this. The family, school and the community, in a sense, are like a womb that nurtures the child and determines the characteristics (or ASSETS) that a child will have in their future as an adult.



***We will see more on ASSETS
in Chapter 7: How Do I Protect
My Child From Drugs?***

TEENAGE YEARS AS A TIME OF CHANGE

As they grow up you will notice physical, emotional and behavioral changes in your child. The child becomes increasingly influenced by their friends. He or she begins to want to spend less time with parents and family and may even become critical of the family. This becomes particularly tough for parents and caregivers, as it can easily create a sense of failure or rejection for those who are trying their best, but begin to feel that they have not done enough. These changes in your child are normal and characteristic of the transition into young adulthood... and it does not mean that you don't continue to have an influence.

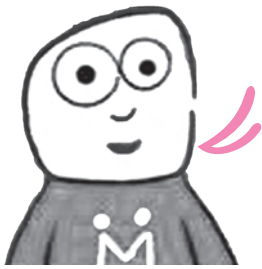
On the one hand your child has an increasing desire to be independent, while on the other hand not wanting to lose the emotional and physical support of the family. The young teen wants to be like their friends. She wants to do what they are doing, or at least what he or she **THINKS** they are doing.

Sometimes their behavior is seen as a way of rebelling against their parents, but it is just a way to get more space and independence in their lives, rather than because the parents have done anything wrong.

It is also important to remember that teenagers often communicate not so much through their words but more through their behaviors. This can be especially true of boys.

The **PREVENTION-SMART** parent needs to observe what their child does as much as what they say. You should try to open up communication by showing interest in them and avoiding negative confrontation and prying.

Teenagers have a deep sense of love for their parents, but this may appear to get lost as they go about their day to day lives. Teenagers aren't always good at showing their love and thanks for you as a parent but look out for it as they grow up and mature.



“ Thank-you for being such a good parent. I’m sorry you’ve had to wait until my 36th birthday for me to say it... ”



BRAINS AND HORMONES

Puberty - the physical changes that occur during adolescence - are also linked with changes in behavior. The hormones that cause the physical changes also influence the growth and development of the brain and the body. Their effect on the brain greatly influences feelings and behaviors at any given moment - and, sometimes these feelings and behaviors can often seem to change from moment to moment!

There is some truth in the statement that a young person's behavior is a result of their 'raging' hormones, but of course it is not that simple. The hormones cause the growing youngster to have a growth spurt and to experience changes in the body that prepare them for adult life. These very same hormones also affect the brain - which is also going through its own development. The reaction of both the body and the brain can often appear 'clumsy'. For example:

- ◆ When a teenager is just beginning his or her physical growth and development, they are often physically uncoordinated: tripping over their own feet, so to speak, or dropping things.
- ◆ Similarly, when the brain is 'clumsy', teens will often make poor decisions being easily influenced by what they think is right or what will make them 'cool' with their friends or classmates.

Most of the time, these decisions cause no harm and we can easily see them as part of growing up. However if these decisions made by a developing or "clumsy" brain involve experimenting with drugs or alcohol, or participating in other risky behaviors, they may actually cause significant harm.

Just like being physically clumsy, being 'brain-clumsy' in their behavior, may also cause the young person to 'fall' and hurt him or herself. Fortunately, as with physical falls most of the behavioral falls such as drug experimentation end up causing no lasting harm, except for the legal risk they pose.

PHYSICAL CHANGES OF PUBERTY

Puberty is an exciting time for the body and for its owner! Physically, parts are growing and developing, and providing new sensations and experiences that strongly influence the way teenagers see the world. And the way the world sees teenagers!

At times teens feel strong, totally in control; other times they feel like they are totally dependent on everything around them to tell them who they are! They have no roadmap of what is normal: How should they look, how should they feel, how should they express themselves? How should they use all these newly acquired body parts - are they only for show or are they there for a purpose?

For example:

- ◆ The increased strength and energy of the teenage boy that is brought on by the increase in muscle development can be used to gain athletic prowess or accomplish physical tasks. However, it can be used to bully or aggressively control friends or even family members.
- ◆ The evolving physical attributes of the young woman may increase her sense of self confidence through a changing relationship that she has with her friends or those around her in general. She may find herself the center of attention, especially in relation to young men; or it can be used in a way that puts her at risk for pregnancy or disease.

During the teenage years, change is constant and goes on in many ways at once. While change is occurring in the body, it is also occurring in the brain. These changes experienced by the growing young person are expressed physically, emotionally and in their behavior.

At the same time as these changes are occurring, the young person will have many feelings of uncertainty – an uncertainty that can make them vulnerable and open to the influence of family, friends and media.

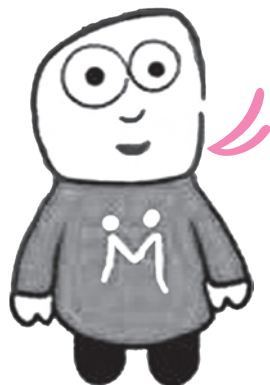
- ◆ Fortunately your family has the first opportunity to establish the values, beliefs and acceptable behaviors with your child that help to affect the way your child will behave during this time of change and which can help avoid harmful “clumsy” behavior.
- ◆ Positive parent and family experiences from an early age combined with education and opportunity will help lead to health, happiness and success both as they grow and in the future

Give me a child until he is seven, and I will give you the man - or the woman!

The **PREVENTION-SMART** parent has a real contribution to make in helping the excitement of puberty not to be overcome by the confusion of puberty.

I think I’ll take excitement any time!

IMPACT OF THE CHANGES IN THE BRAIN



Let’s just take a moment to explore some of the exciting new discoveries of how the brain changes and functions during the teenage years.

Some adults would ask, does the brain really function during the teenage years?

Sometimes we may not think young people’s judgments or decisions are reasonable. Most certainly, this is true at times and most certainly, it is not simply because they choose to be unreasonable or are just being difficult.

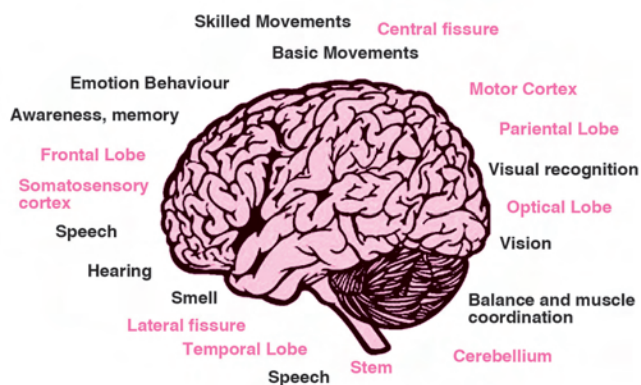
I don’t know! I knew I shouldn’t have done that, but I just did...

The brain, as mentioned earlier, is going through a period of rapid development that is directly influencing thought, emotions, judgment, self-esteem, self-confidence, communication and, in the end, day to day behavior. Remember as it develops there can be “clumsiness” on the way as we said above so it does not always make what we would see as rational choices.

Latest research: Drugs and the Brain

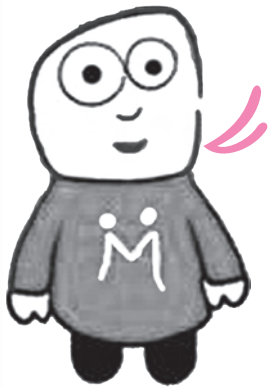
New findings from research on brain development and function create an increased concern about the long lasting effects of drugs on brain development.

- ◆ Most findings suggest that most young people will not have noticeable damage.
- ◆ But noticeable damage can occur if these things occur:
 - How long and how frequently (pattern) the teenager used drugs
 - How many different drugs were abused.
 - The age when the teenager started using.



THE BRAIN: CHILDHOOD TO EARLY TEEN YEARS

During the years of childhood and the early teen years, the wiring or connections in the brain are increasing incredibly in number.



1, 2, 3, ... one zillion five hundred and sixty-three thousand, ... (Mentor man expressions will also be retained)

However, as the young person becomes a teenager, the number of connections in many regions of the brain begins to get weeded out or pruned. This brain remodeling may help to make the brain more energy-efficient. Also, experts believe that brain development may give rise to many of the behaviors that we commonly see in teenagers, such as risk taking and careless decision-making.

THE BRAIN: MIDDLE TEEN YEARS

During these years young people are largely influenced by doing things that bring a reward or make them feel good. For example:

- ◆ Going to a Disco or concert
- ◆ Buying a new outfit or shoe
- ◆ Having a Phone
- ◆ Success at sport etc...

Drugs and alcohol can sometimes appear to increase this sense of a good feeling, even though it comes from a dangerous source. This can encourage the teen to repeat the drug use. Drug use runs the risk of becoming an easy but false pathway to the positive sensation that they seek as it can appear to give pleasure, make people feel good or increase awareness.

Houston, we have a problem!

No, we have a challenge! The role of the **PREVENTION-SMART** parent continues to be helping their children to understand that the use of drugs and alcohol is a false and dangerous pathway to positive sensation and experiences and that it can end up causing harm and negative outcomes.

One way of doing this is to provide as many **POSITIVE OPPORTUNITIES** that help build a child's ability to resist using alcohol and other drugs and to help them make safe choices about their health.

Suggested Activity

Positive Experiences

Sit with your children or with a group of friends and make a list of all the things that you can do to make your children feel good about themselves and have positive experiences.

Now the challenge: put your words into actions!

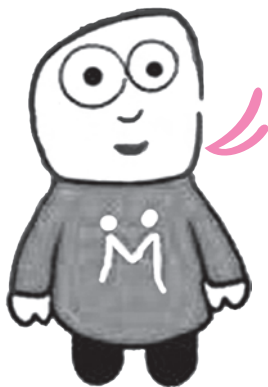
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GROWING INFLUENCE OF THE SOCIAL ENVIRONMENT ON BEHAVIOR

By now it is clear that the teenage years are a period of change. This change is not only one that is experienced by the young person but also affects how that young person is perceived.



What is that boy wearing? He must be a hooligan – look what he’s wearing!

Parents may have expectations that do not always take into account this period of development. Teachers expect added responsibility and performance in an increasingly complex world which makes demands on them for such things as exam results.

The surrounding community starts to view teens in a different way – they are seen by some as helpful to the well being of the community through their involvement in charities or other well intentioned activities. But they can also be seen as different and cause for concern for some people – even when they aren’t. Teenagers do have a general sense of wanting to

help and feel wanted and needed.

So we often have a difference between the reality of what teenagers are like and the perception of teenagers and their behavior.

HOW DO OUR CHILDREN SEE THE WORLD?

There are also other experiences that have an impact on the teens: their daily social experience which includes what they see and hear on television and the internet, radio, music, text messages, talk, school, after school activities.

This is sometimes called the **PERCEIVED COMMUNITY**. It is often this perceived community that creates the reality for many young people today. One reason for this is that they often have limited freedoms to explore and experience their real local world but have most of their views communicated to them through the media and things listed above. They have limited mobility, and limited money, to physically experience and appreciate the world at large.

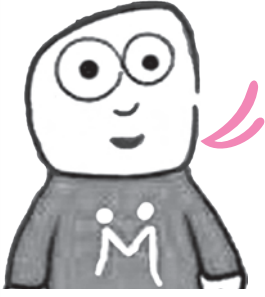


Furthermore, with increased ability to think abstractly, they tend to become more inwardly focused, and use their imagination to develop their own world or reality. Much of what teens experience as their reality today is “two-dimensional” as it is transmitted through the TV, computer or mobile phone. This can offer influences on behavior through stimulating imagination and can provide a false or unrealistic and often unhelpful pathway to reward and pleasure.

It can also help to develop a false perception of what other young people of the same age are doing. It influences how the young person behaves as they want to do what they **THINK** others are doing in order to be normal and accepted. The reality of how people behave is lost by going on the perception – or what they think - about how people behave which they see, for example, on the TV.

It is not difficult to see the possible damage that can be done to young people’s perceptions, and then behavior, when TV and the internet become their reflection and understanding of reality. They can have a real influence on this period of rapid change, when the teen is vulnerable. It can result in the teen not really knowing or appreciating what is normal and what is pretend. A “confused teenager” (as well as a confused parent!) is not really surprising.

It certainly indicates too the **PREVENTION-SMART** parent has to be conscious not only of the developing brain and body of the young person and how this can affect mood, thinking and behavior but also has to be aware of the impact that the media and other forms of common use of a child’s time have an impact on how they see the world and how they behave too.



There's more on this in Chapter 3: What You Need to Know About Drugs.

You are a Source of Happiness for Your Child

Parents love to see their children happy. It's the driving force for much of what they do for them. Parents can help lead their child to happiness. Researchers have made some interesting discoveries pertaining to what makes people of all ages happy. Social psychologist and author **DAVID G. MYERS** has compiled research-based suggestions for a happier life. They are as relevant for children as for adults.

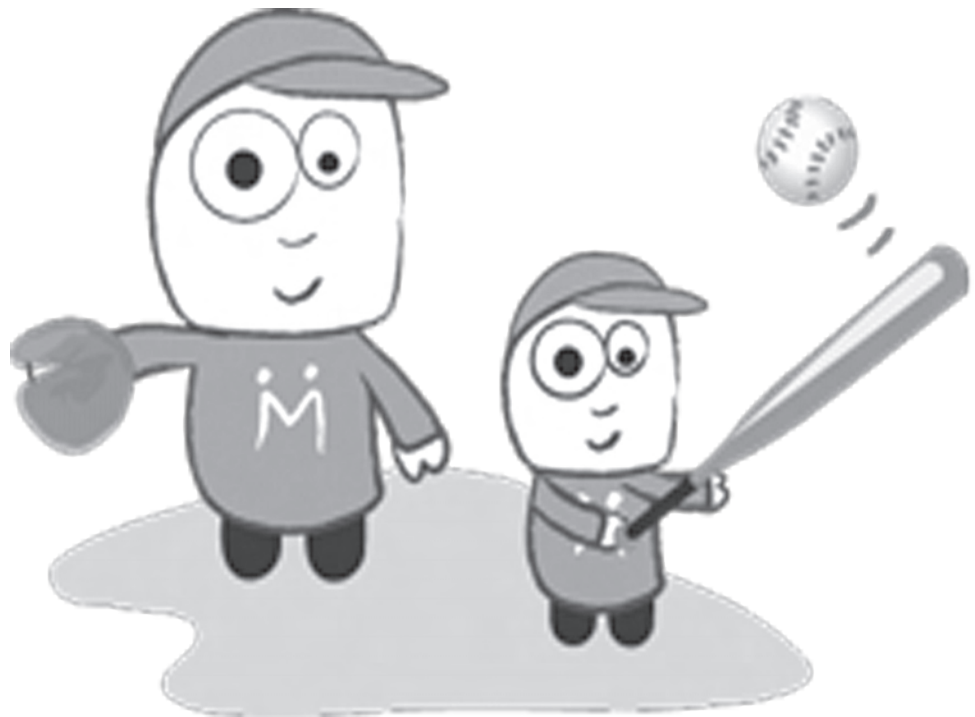
1. Give priority to close relationships. Intimate friendships – those who care deeply for you – help one weather difficult times.
2. Seek hobbies, work and leisure that engage your skills.
3. Give your body the sleep it wants. Lack of sleep often results in fatigue and gloomy moods.
4. Exercise. Aerobic exercise promotes health and energy and is a protection against stress, depression and anxiety.
5. Focus beyond the self. Reach out to those in need; doing well makes one feel good.
6. Realize that enduring happiness doesn't come from success. Having a sense of well being is better than being well off.

THE NEED TO BE PREVENTION-SMART!

Growing up is a complex business. The changes in the body, the brain, the thought process and the way our children behave are part of that physical, emotional and brain growth.

It is not easy being a teenager – and not easy being a parent of a teenager!

The developments show in the way our children behave and often in a way that makes us feel concerned, and uneasy and unsure about how to respond. If things go wrong at these times it is not always a matter of being anybody's fault. It is natural growth and development. But we can try and help to prepare and support our children by being **PREVENTION-SMART**.

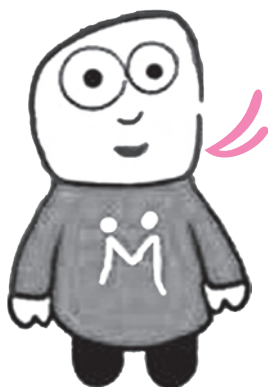


Being **PREVENTION-SMART** has to be part of the way a parent thinks and behaves from the very early age of the child. We have seen that the changes that occur during adolescence encourage the teenager to try out new experiences. These will help define who he or she is, and will become.

The experiences that they choose depend on which opportunities are, will be or have been available to them. As well as the values, beliefs and models or examples that the young person has learned from you, the family, school and community – but also from the other “influencers” such as the media.

Most will chose well. Some will chose not quite so well, but recover and get back on their feet; while others will chose poorly and develop a life that can become caught up in risk taking. Drug and alcohol use can bring such risks.

As parents, we can be mentors, helpers, and models to our children as we help them to lead healthy lives and make healthy and positive choices. So, the message that all parents need to hear loud and clear is this:-



“ Be prevention-smart: Be the person you want your children to grow up to be ”.

Suggested Activity

Making Healthy Choices

From what you have read here - and from your own experience and knowledge - make a list, either by yourself, with your children, or with a group of trusted friends about you think a **PREVENTION-SMART** parent can, or should do, to help make it more likely that their children will make healthy and positive choices.

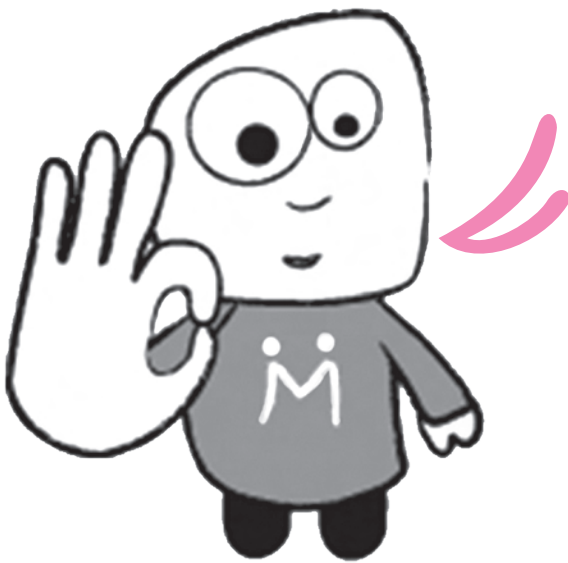
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Chapter 2: Review			
	Question	Answers	Reasoning
1	The importance of family and parents on a child's behavior decreases as he or she reaches adolescence.	False	<i>Typically, a child's behavior towards the family changes during adolescence, often reflecting a desire to spend more time with friends and less time engaged in family activities. However, the influence of family and parental involvement continue to be important factors in helping youth make healthy choices about alcohol and other drug use.</i>
2	Brain development is complete by the time a child reaches adolescence.	False	<i>The brain continues to develop into young adulthood; experts say that development is not complete until about age 25. During adolescence, the brain undergoes rapid changes that may contribute to teenagers taking unhealthy risks, such as using drugs.</i>
3	Teenagers who spend a lot of time on the internet or using cell phones lose touch with reality.	False	<i>Internet, cell phone, and television are a big part of teenagers' lives. It is true that some adolescents who spend a lot of time on their cell phones or in chat rooms on the Internet may develop a sense of connection with peers who they do not actually know or have never met. Use of these types of technology may reduce the time they spend interacting with their real peers and learning from real life experiences. Therefore, it is important for parents to encourage teens to make smart choices and to balance how much time is spent socializing in their "technology community" and in their face-to-face life.</i>
4	Drug use by a teenager may cause harm to that person's ability to learn.	True	<i>Research shows that alcohol and other drug use during adolescence may be associated with damage to the part of the brain that is important to memory and learning. This scientific finding is a reminder that drug use during adolescence is risky because of the potential to harm the developing brain.</i>

CHAPTER 3

WHAT YOU NEED TO KNOW ABOUT DRUGS



Parenting Tips

You are a Source of Happiness for Your Child

*Parents love to see their children happy. It's the driving force for much of what they do for them. Parents can help lead their child to happiness. Researchers have made some interesting discoveries pertaining to what makes people of all ages happy. Social psychologist and author **David G. Myers** has compiled research-based suggestions for a happier life. They are as relevant for children as for adults.*

1. Give priority to close relationships. Intimate friendships – those who care deeply for you – help one weather difficult times.
2. Seek hobbies, work and leisure that engage your skills.
3. Give your body the sleep it wants. Lack of sleep often results in fatigue and gloomy moods.
4. Exercise. Aerobic exercise promotes health and energy and is a protection against stress, depression and anxiety.
5. Focus beyond the self. Reach out to those in need; doing well makes one feel good.
6. Realize that enduring happiness doesn't come from success. Having a sense of well being is better than being well off.

CHAPTER 3

WHAT YOU NEED TO KNOW ABOUT DRUGS

This chapter provides an overview about drugs and their effects. The word “drugs” means all street drugs, prescription drugs found in the home or that can be purchased illegally, non-prescription drugs available in stores, household products such as inhalants, drug substances, tobacco and alcohol. Chapter 4, focuses on alcohol and tobacco, and Chapter 5 addresses other drugs including cannabis, the most common illegal drug.

We know it is important for parents to have reliable information about drugs and their effects. Some parents are so worried and alarmed that they falsely attribute normal behavioral changes during adolescence to involvement with drugs. Others glance at headlines about youth drug-use rates and drug-related deaths, but quickly disregard them because those tragedies happen to “other peoples’ kids”.

The reality is that drug use can harm teenagers in several ways, such as:

- ◆ contributing to poor judgment and making bad decisions;
- ◆ Poor performance in schools
- ◆ increasing the chances to get into fights, accidents and other dangerous situations,
- ◆ damaging the growing body and developing brain;
- ◆ leading to addiction during adolescence, although this does not happen at a high rate.

Learning the facts about drugs and their effects can help you decide how best to support your teen during this period of his or her life.

TO GET STARTED, TAKE A SHORT DRUG-AWARENESS QUIZ

Take a look at each of the statements below and try to decide if they are true or false. Tick on True or False to reveal the answer.

DRUG-AWARENESS QUIZ			
	Question	Answer	Reasoning:
1	Cannabis can be addictive.	True	<i>Marijuana can be as addictive as any other drug. The active ingredient in marijuana, Tetrahydrocannabinol (THC), has a very powerful effect on the brain. This effect can trigger biochemical events that contribute to becoming addicted. People who use marijuana often feel like they need to use more and more to get the same effect.</i>
2	Alcohol is a drug.	True	<i>Alcohol is a drug. Many people think it is not a drug because it is a legal substance in most countries around the world. However, it is one of the most accessible drugs available to youth, and using it can lead to harm to the user like all the other drugs.</i>
3	Nearly all teenagers use alcohol.	False	<i>Not all teens drink alcohol, but the majority do. And most of those who do will drink to excess and become intoxicated at some point. Alcohol remains one of the most abused substances for this age group, and parents need to think carefully about alcohol use and its consequences.</i>
4	Talking to my child about drugs will encourage him or her to use drugs.	False	<i>Telling children about drugs and consequences of drug-use lets them know you care about them and their future. Although schools provide these messages, your child benefits the most from hearing you talk to them. It tells them that they are loved, and that you care very much about them. Children expect to hear these messages from their parents, and parents need to repeat them often. It is of course important to consider when and how you talk to them about this sensitive topic.</i>

5	Alcohol and tobacco can be as harmful as other drugs.	True	<i>Because alcohol and tobacco are so easy to get, teenagers use them more often. Both of these drugs make changes in the brain that may cause addiction, and have potential for major negative health effects. Whether an individual is addicted or not, use of either of these drugs may result in harm to the person.</i>
6	Second-hand tobacco smoke can cause cancer.	True	<i>Research shows that second-hand smoke can cause to cancer in adults, children and even pets. Second-hand smoke can also trigger asthma and ear infections in children. Smoking outside the home is usually not enough to prevent respiratory problems on those who are most sensitive. Clothes, hair and skin of the smokers bring residues of cigarettes inside the house, not preventing the problem entirely.</i>

YOUTH IS A RISK-PERIOD FOR DRUG USE TO OCCUR

Countries that have studied levels of drug use across the life span have reliably found that it is young people who use drugs more than any other age group. The reasons are numerous and complex, and may have something to do with youths' curiosity, relative immaturity, and desire to be more like adults. Thus, the **PREVENTION-SMART** parent needs to be alert to the effects of drug use and must do their best to help prevent before and during their children's adolescence.

GETTING HIGH, GETTING ADDICTED – IT'S ALL IN THE BRAIN

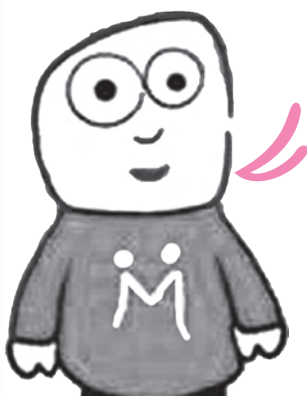
Your brain is made up of billions of nerve cells. They communicate by releasing chemical messengers called neurotransmitters. Each neurotransmitter is like a key that fits into a special "lock," called a receptor, located on the surface of nerve cells. When a neurotransmitter finds its receptor, it activates the receptor's nerve cell. Here are a few examples of some of the neurotransmitters and what they do and/or regulate in the body:-

- ◆ **Acetylcholine** - voluntary movement of the muscles
- ◆ **Norepinephrine** - wakefulness or arousal
- ◆ **Dopamine** - voluntary movement, motivation, emotions and arousal
- ◆ **Serotonin** - memory, emotions, wakefulness, sleep and temperature regulation
- ◆ **Glycine** - spinal reflexes and motor behavior
- ◆ **Neuromodulators** - sensory transmission-especially pain

Don't worry about the technical names but look at the different things that happen in the brain through the neurotransmitters.

EASY TO START, HARD TO QUIT

Recently, scientists have discovered that all drugs of abuse are able to attach to various normal receptors in the brain that raise the levels of the neurotransmitter called DOPAMINE in the parts of the brain that produce feelings of pleasure and reward. Dopamine is sometimes called the pleasure molecule. Researchers now believe that this dramatic increase in dopamine may play a key role in all addictions and help explain why it is so hard for people to stop using drugs.



When a person uses a drug, dopamine is increased in their brain, and they will feel pleasure. Unfortunately, if the person takes the drug again and again, the brain's dopamine system becomes worn out. When that happens, the person feels down and not their "normal self". This emotional pain can lead the person to return to drug use because it provides temporary relief.

Soon the person needs to take even more of the drug to feel better, or to get high, and the body develops a tolerance for the drug. It is a vicious cycle, because when the person has not used for a while, they may suffer from restlessness, hunger, depression, headaches, and other uncomfortable feelings. These are called withdrawal symptoms because they happen when the drug is withdrawn from the body.

Eventually, as the person continues to use, they may get addicted. And once this happens it is difficult to quit. It may take several attempts to quit and it can be a painful process. However, there are millions of ex-addicted drug users who have “kicked” addiction and returned to a normal life.

HOW ELSE ARE DRUGS DANGEROUS?

Possible damage to the brain and to learning

Researchers are now beginning to explore how drugs affect the developing brain of the adolescent and how alcohol use by young people may pose significant and possibly permanent damage to the brain.

Alcohol abuse may damage the part of the brain that is responsible for memory. This memory structure -- the hippocampus -- may be particularly sensitive to damage by alcohol. One study showed that teenagers who had extensively abused alcohol performed 10% worse on memory tasks compared to a non-alcohol-using comparison group of teenagers (Brown *et al.*, 2000).

Other drugs that are abused by youth, such as tobacco, cannabis and other illicit drugs are being studied in order to learn about their possible harmful effects on the young brain.

HOW ELSE ARE DRUGS DANGEROUS?

Increased risk for mental illness

There is no evidence that drug use is the single cause of mental illness. However, scientists are beginning to understand that early drug use may play an important role in mental illness. For a young person who has a biological risk for a mental illness, like depression, anxiety or schizophrenia, taking drugs can “tip the scale” toward developing that mental disorder. (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICE ADMINISTRATION, UNITED STATES DEPARTMENT OF HEALTH AND HUMAN SERVICES, 2005).

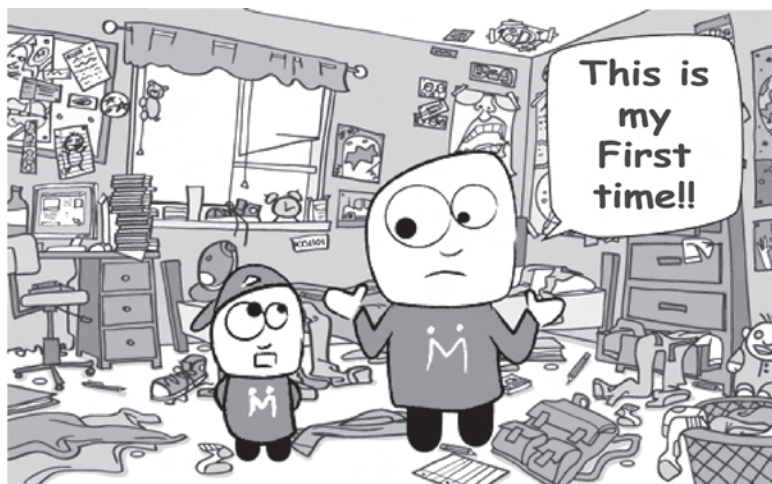
HOW ELSE ARE DRUGS DANGEROUS?

Social problems

Drug use can also affect how children learn, develop socially and the way they behave.

How teenagers deal with friends and parents, how they control emotions, and how they face every day challenges are just some of the important social skills that they begin to learn as a throughout adolescence and into their early twenties. These skills are vital for teens so that they become successful adults. Using drugs during these developmental years can harm their ability to learn these important skills.

Substance use can affect family relationships, friendships, our physical health, our emotions, our work performance and our use of money -- all aspects of our life. It is difficult enough for young people to “balance” all of these areas of life. When a teenager abuses drugs, balancing these things just gets tougher. A lot of the time, using the drug becomes the most important thing, and all the other areas of life fall out of balance. When this happens to teenagers, their school performance may suffer -- he or she stops attending classes regularly, or may quit activities he or she once enjoyed, such as sports or music. These changes in daily routines are often the first things a parent may notice if their teenage is using drugs, because school and after-school or recreational activities are major life areas during adolescence.



HOW ELSE ARE DRUGS DANGEROUS?

Medical problems and injuries

Teenagers are usually very healthy and strong. In most countries, the main cause of death and disease in this age group is related to external causes, or events that are triggered by exposure to risky situations. Because drug use impairs judgment, a teenager high on drugs is even more likely than other teens to be a victim of accidents and fatalities involving unwise decisions.

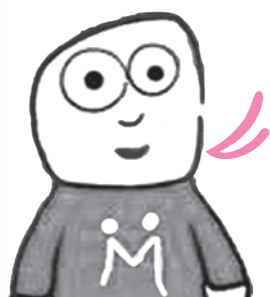
A great proportion of injuries and fatalities such as drowning, falls, pedestrians hit by cars, burns, fights and even homicides have some or all of those involved under the influence of some substance.

Surveys conducted by the Pan American Health Organization (PAHO) found that “underage drinking is a particular problem in the PAHO region, which has a large proportion of young people. Surveys show that teens in the region drink often, and their drinking leads to traffic injuries, suicide attempts, homicide and violence, sexual assault, and risky sex. According to World Health Organization (WHO) data for 2002, alcohol was a factor in at least 69,000 deaths of young people aged 15 to 29 in the Americas.”

In some countries, teenagers can drive cars or other vehicles such as farm equipment as early as sixteen years of age. Parents must be especially alert to the problem of drug use while driving if their teen has access to a vehicle. The combination of lack of driving experience among teenagers, and the use of drugs that impair thinking and coordination abilities can be deadly.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

It is important for you to watch for signs that your son or daughter may be using drugs. Remember, you are the expert on your teen; you know them best. You don't need to be a “drug prevention professional” to know if your teen is experimenting with drugs. Over the next few pages we describe some of the well-known signs you should look for. *(Adapted from the Partnership for a Drug Free America).*



Caution:

There are no perfectly accurate observable signs of drug use in a person. Use these indicators with caution. Follow-up any concerns you have about drug use by your teenager with a CONVERSATION with him or her.

See Chapter 8 for more on (“Communicating with Your Teenager”).

SIGNS MY TEENAGER MIGHT BE USING DRUGS

◆ Imagine that your teenager slips into the house after a night out with friends. Your nose can help determine if he or she was drinking alcohol, or smoking tobacco or cannabis.

Make a point of having an up-close, face-to-face conversation with him or her - not a yelled conversation from a distance.

- ◆ If your child has been drinking alcohol, smoking cigarettes or cannabis, the smell may be on his or her breath. Be aware if your teenager enters the house chomping on a fresh wad of spearmint gum or a handful of mints, or smelling of freshly applied lotion or perfume. This could be a way he or she is trying to cover up a telltale odor.
- ◆ And if your teenager has been smoking or has been with others smoke, the odor will also soak into his or her clothing and hair.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

Look for visual evidence, too. Take a close look while you're having that face-to-face conversation.

- ◆ Pay attention to the eyes - they can reveal any substance use. If your teenager has been smoking cannabis, his or her eyes might be red and heavy lidded, with constricted or narrowed pupils.
- ◆ If he or she has been drinking alcohol, the pupils will be dilated, and he or she may have difficulty focusing on you.
- ◆ In addition, alcohol has the effect for some people of giving a red, flushed color to the face and cheeks.

There are also telltale signs of more serious drug use:-

- ◆ Intravenous drug use leaves track marks, usually on the arms, but occasionally other places like the legs.
- ◆ Long sleeves in hot summer weather may be an attempt to hide something.
- ◆ Snorting cocaine causes nosebleeds and eventually eats away at the septum inside the nose.

Finally, there are several signs of inhalant use, the practice of inhaling the fumes from household chemicals for a high.

These include: sores or spots around the mouth; paint stains on the body or clothing; a chemical odor; or a runny nose.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

- ◆ For the teenager who's looking for alcohol or drugs, the home can be a gold mine of resources. Many parents keep some sort of alcohol in the house. Your teenager may take this alcohol, hoping you will not miss it. One way this is done is by filling liquor bottles back up with water to bring them to the original level. If one or both of the parents smokes cigarettes, the teenager may take some from the pack (or take the whole pack).
- ◆ There is the potential danger of your teenager taking prescription pills not prescribed for him or her; or abusing over-the-counter drugs from the medicine cabinet in the home.
- ◆ In more severe cases of drug abuse, a teenager may steal to finance a drug habit. Be aware of missing money in your wallet, or missing valuables, like jewelry and heirlooms.
- ◆ Always keep track of the alcohol, tobacco products and medicines in the house. If you notice anything missing, or alcohol tastes suspiciously watery, you should discuss your concerns with your teenager. In some serious instances, you may have to lock these up so your teenage can't get to them.
- ◆ Let him or her know that you're aware of what goes on, and that you won't tolerate stealing. Stress the trust relationship.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

For some older teens, cars are very important. If you suspect your teenager has been using drugs recently, see if the car has any clues to offer. Some teenagers are not too careful about cleaning the inside of their car.

- ◆ Does it smell like marijuana smoke or alcohol fumes?
- ◆ Are there any bottles, pipes, bongs, or other drug paraphernalia rolling around on the floor or hidden in the glove box?

The bedroom can also be a place with clues of drug use, such as drug equipment or clothes that smell like marijuana or cigarettes.

- ◆ If you find anything, discuss it with him or her immediately; tell your teenager what exactly you have discovered and why you are concerned.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

It is very normal for teenagers to make new friends. But some friends may be a bad influence on your teenager. Perhaps these new friends are older and seem to be more promiscuous and independent, with less parental supervision and less interest in school; in your teen's language, "cool".

They might be making poor choices and getting involved in questionable activities. Maybe you suspect that the friends are drug users. Most teenagers will defend their friends. But keep your eyes and ears open so you can help protect your child from friends who could be a negative influence.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

It is normal for many teenagers to show mood changes during this age period, but drug use can create dramatic mood changes.

When your teenager returns home from a night out with friends, be alert for unusual or extreme moods. Is he or she very loud and obnoxious, or laughing hysterically at nothing? Is she or he unusually clumsy to the point where he's stumbling into furniture and walls, tripping over his own feet and knocking things over? Or perhaps secretive,

very sullen, withdrawn, and unusually tired for the hour of night? You shouldn't read too much into a slight mood change after he or she gets home from being with his friends, but you should be on the lookout for unusual or extreme behavior. If your child shows extreme mood changes that last at least a few weeks, something serious may be occurring. This is when you should reach out to him or her and try to find out what is going on.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

Suddenly you find your normally honest child is lying to you. Their evening and weekend plans are starting to not make sense. Your teen is vague about where he or she is going, or the excuses do not work. Examples might be:

- ◆ He can't describe the movie he supposedly just saw; the friend she's supposed to be out with just called looking for her;
- ◆ He says that parents will be at the parties he's going to but can't give you a phone number;
- ◆ She gets home way past her curfew or estimated time, and she's got a seemingly endless string of excuses to justify her behavior.

When you ask about these things that do not look right, your teen responds that it's none of your business.

SIGNS MY TEENAGER MIGHT BE USING DRUGS

Your child used to care about school and was a good student, but now his or her grades start falling and you do not see an obvious reason for it.

Your teenager gives you a weak explanation and assures you nothing is wrong. But they may be skipping school and spending less time on his homework, or appear to be losing interest in other activities. You get calls from teachers, coaches, principals: Your teenager has been missing classes, activities, or practices; or shows up for activities but no longer shows much effort. The desire to use drugs can be so strong that it can take over as the top priority in your teenager's life.

*Adapted from **How to Keep Your Teenager Out of Trouble and What to Do if You Can't**, by Dr. Neil I. Bernstein (2001, Workman Publishing, New York).*



Remember not to overreact to the signs above. A lot of them are about teenagers growing up "normally". A lot of them reflect our own behavior at times!

The **PREVENTION-SMART** parent is able to notice and check but does not jump to conclusions and reflects on how to address any issues of concern with their child.

WHERE DO TEENAGERS GET ALCOHOL AND OTHER DRUGS?

The reality is that **MOST** teenagers get **MOST** of their alcohol or other drugs from adults.

Providing alcohol to teenagers can be risky

Think long and hard if you are going to provide alcohol to teenagers. Of course it is best – and safest – if your child does not use alcohol. We realize that cultures vary considerably about how restrictive or permissive drinking may be for young people. And some parents may want to balance a strategy of remaining open about the realities of alcohol use with an allowance of some drinking in the home accompanied by adult supervision.

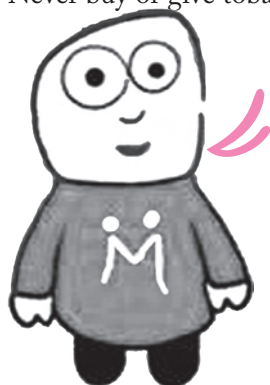
- ◆ If you feel it is appropriate to allow your youngster to drink some in the home, ensure that the amount of alcohol is kept small.
- ◆ Explain to the child that you are not going to allow him or her to drink to the point of getting drunk or intoxicated and the potential harm that alcohol can cause the developing person.
- ◆ And do not make the drinking the center of attention. The activity of drinking should not be the reason for the social event, rather part of a normal and healthy social context.

Also, it is unwise to buy alcohol for your teenager's friends, or anyone under the legal age for alcohol. In some countries, if you give teenagers alcohol and they get hurt or hurt someone else, you can get sued for damages.

WHERE DO TEENAGERS GET ALCOHOL AND OTHER DRUGS?

No to tobacco

Never buy or give tobacco to your teenager or anyone else underage.



Protect your child from adults giving illicit drugs to your child

Never give a young person illicit drugs (including cannabis), and keep your child distant from drug-using adults.

Watch out for your prescription drugs

Keep safe and secure any prescription medication in your home, such as anti-depressant or anti-anxiety medication. These medicines can be powerful drugs to a teenager. If your child is on medication for an attention deficit disorder (ADHD), take steps to prevent him or her from selling the medication to other teenagers.

Keep track of your child's friends

Teenagers also get drugs from their friends. Get to know your child's friends as best as possible. Do what you can to prevent your child from spending time with his or her friends whom you do not trust and suspect might be influencing your child to use drugs.

Be familiar with the parents of your child's friends. Introduce yourself to the parents of your child's friends. Familiarity with these parents will help when you need to communicate with them about preventing drug use among your child and peers.

Messages

Either on your own, with other members of your family, with your children or trusted friends:

1. Make a list of how you/your home gives messages about drug use e.g availability of alcohol or medicines
2. discuss the behaviors of your children which give you concern and try to decide why they behave that way
3. decide what you feel about drug use and share that



Different types of alcohol sold in a local retail shop in one of Kampala's suburbs

Suggested Activity

Messages

Either on your own, with other members of your family, with your children or trusted friends:-

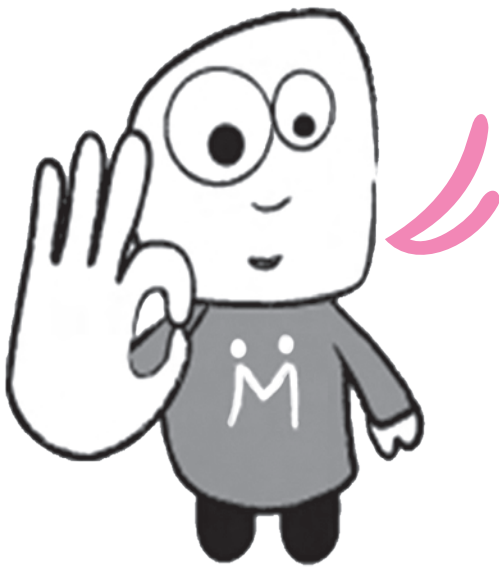
1. Make a list of how you/your home gives messages about drug use eg. availability of alcohol or medicines
2. Discuss the behaviors of your children which give you concern and try to decide why they behave that way
3. Decide what you feel about drug use and share that

WHAT YOU NEED TO KNOW ABOUT DRUGS

This chapter has given a lot of information on the potential harms that drugs can cause and on the signs that may give cause for concern that your child might be involved in drug use. Being armed with information is useful and necessary but it is equally important for the prevention smart parent to think how they acquire and use that information especially in talking to their children about drugs.

CHAPTER 4

WHAT YOU NEED TO KNOW ABOUT ALCOHOL AND TOBACCO



Parenting Tips

Do Not Underestimate the Potential Dangers of Alcohol and Tobacco

Prevention-smart parents must consider their role-model responsibilities with respect to drinking behavior. For example, it is important to not get drunk in front of your children and to not appear that you need to drink alcohol everyday.

It is probably unwise to have a party where alcohol is made available for underage teenagers.

Some families do allow children to drink very small amounts of alcohol with the intention of helping their children to learn how to develop a responsible attitude to alcohol. This may also prevent young people wanting to use it secretly.

Parents must role-model responsible drinking behaviour. That means not getting drunk in front of your children, and not appearing that you need to drink everyday. Also, it is unwise – and illegal in some places -- to host a drinking party for teenagers. For example, some states in the United States now have a law that makes it illegal for a parent to host a drinking party in their home for under-age adolescents.

Tobacco Epidemic

According to the World Health Organization, the tobacco epidemic in the 20th century killed 100 million people world wide, and is currently the cause of 5.4 million deaths every year. If urgent action is not taken, it is projected that, by 2030, tobacco use will have caused 8 million deaths every year and more than 80% of them will be in developing countries.

WHO report on the global tobacco epidemic 2008

CHAPTER 4

WHAT YOU NEED TO KNOW ABOUT ALCOHOL AND TOBACCO

Here we present facts about two of the most commonly used drugs by young people - alcohol and tobacco. The chapter stresses the influence of parents and caring adults as role-models for youth in promoting healthy attitudes and behaviors about these two legally available (in most countries) and potentially harmful substances.

ALCOHOL

These days, convincing teenagers to view alcohol use as a potential problem can be difficult because alcohol is everywhere. In many countries and cultures, most adults seem to use it. Alcohol is often presented in a positive way in TV programs and it is commonly used to celebrate major events.

Being young often means trying new things, testing new freedom, taking more risks now that parents and adults are not around them as much as in earlier years. It is also readily available for most young people in non-Muslim countries and families.

Fact Check

Do you know the facts about alcohol and teenagers?

- ◆ One of the first drugs your teenager is most likely to try is alcohol.
- ◆ Yes, alcohol IS a drug--not just a harmless substance.
- ◆ Your teenager will likely get his first alcohol from an adult.
- ◆ If your adolescent is like most, the first use of alcohol is likely to happen between the ages of twelve and fifteen – often earlier.
- ◆ Teenagers (and adults) can die from alcohol poisoning, even if they are not addicted.

Parents must role-model responsible drinking behaviour. That means not getting drunk in front of your children, and not appearing that you need to drink everyday. Also, it is unwise - and illegal in some places - to host a drinking party for teenagers. For example, some East African countries now have a law that makes it illegal for a parent to host a drinking party in their home for under-age adolescents.

WHAT IS ALCOHOL?

Alcohol is a depressant drug, made from fermented or distilled grains or fruit. In most countries, it is the most commonly abused substance by both teenagers and adults. The “**high**” that everyone gets from drinking alcohol is actually the feeling caused by its depressant effect on the brain.



Drums used for fermenting and storing locally made brew

When brain function is depressed, the person may lose their inhibitions and feel “relaxed” but is also at risk for several negative consequences; Saying or doing things that would normally cause embarrassment, poor decision



Local celebrities are used to advertise Alcohol (Pilsner Lager Advert)

making resulting in unwanted sex, accidents, fights, accepting offers to try other illegal substances, or driving while impaired or drunk are some examples.

Under normal circumstances for most people, the body can safely handle about one standard drink per hour. However, your size, how fast you drink, what you've eaten, how you feel, and whether you are a female or male affect how alcohol affects you.

The same amount of alcohol content is in a 5-oz (or about 150 ml) glass of wine, a 12-oz (or about 330 ml) bottle of regular (4%) beer, and a regular 1 oz (or about 30 ml) serving of hard liquor/spirits. No matter which you drink, it's all the same to your body.

QUESTIONS ABOUT ALCOHOL

What does alcohol look like?

Most people recognize alcohol as it is used in liquid form. It can appear yellow, brown, clear, green, pink, blue, bubbly, and cloudy; usually comes in glass bottles or metal cans, and is served in a drink glass, mug, or straight from a can.

Recently, alcohol is being marketed to young drinkers in new forms, such as frozen alcohol-pops on a stick or mixed into sweet colorful gels and bottles. This is to attract the young user.

How is it used?

Typically, alcohol is drunk.

Types of alcohol include beer, wine, local brew, spirits and liquor.

What is Binge Drinking?

Binge drinking is when a person consumes large amounts of alcohol during a short period of time. An episode of binge drinking is typically defined as having five or more drinks in one sitting usually at parties or gatherings.

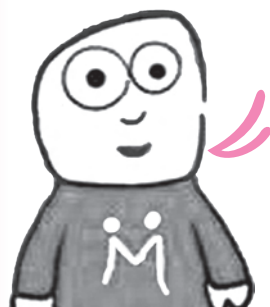
Some teens and young adults will make a game of binge drinking, and the rules of the game are to get drunk fast.

This is a growing problem today for many young people in different parts of the world.

ALCOHOL: THE EXCITEMENT

There is lots of excitement about alcohol. Many youth, as well as parents, buy into the Excitement. The following examples may be some things you have heard from your own teenager or even from other adults:

Alcohol is a **SOCIAL LUBRICANT** because it makes people feel less anxious and inhibited.



However, alcohol can make you feel so comfortable that you will do things that you later regret, such as being taken advantage of by another person.

Underage drinking is a RITE OF PASSAGE. Everyone does it and nearly all children have already been exposed to it at home and in the media, so it's nearly impossible to prevent youth from underage drinking.

MANY TEENAGERS DRINK, AND SOME WILL DRINK TO THE POINT WHERE THEY GET INTOXICATED. But this does not minimize the importance of parents doing what they can to prevent alcohol from harming their child.

Drinking a glass of wine at dinner with the family, or as part of religious practices, TEACHES YOUTH HOW TO DRINK RESPONSIBLY.

VERY SMALL AMOUNTS OF ALCOHOL GIVEN TO A TEENAGER MAY NOT BE HARMFUL. If you are going to introduce alcohol to your teenager, make sure it is just a few sips, and not enough to bring the youth to intoxication. Reinforce your concern that alcohol can be dangerous.

The fact is that many parents have also gotten mixed messages from the media, family, friends, about the inevitability of underage drinking.

Some parents give in to these social pressures and give up trying to influence their teen's behavior, hoping for the best, and praying that their son or daughter will not get into trouble.

ALCOHOL

Take Alcohol Seriously

Youth learn attitudes about alcohol use from watching what happens in the home. If parents, siblings, or other family members drink, it is more likely your teen may try it at some time. Here are a few tips for sending a message to prevent drinking:

- ◆ Keep your child active in the community, school, church, local recreation centers or in other ways. Keep yourself actively involved, as well, because children model what they see.
- ◆ Talk with your children about the consequences of drinking alcohol, and of playing games involving alcohol consumption. Often, youth do not realize that drinking excessive amounts of alcohol can result in toxicity and death.

Tell your teen that drinking often and heavily may cause damaging changes to the brain; these changes that may not show up immediately, but they could have long-lasting consequences later on, such as in areas of thinking, memory, decision-making.

And don't forget the issue of the impact of alcohol on the developing brain as discussed in earlier chapters. We are learning more about this daily and the message is that the growing brain and alcohol is not a good combination.

ADAPTED FROM About.com: Parenting Adolescents.

Do Not Underestimate the Potential Dangers of Alcohol

Prevention-smart parents must consider their role-model responsibilities with respect to drinking behavior. For example, not getting drunk in front of your children and not appearing that you need to drink everyday.

It is probably unwise to have a party where drink is made available for underage teenagers.

Some families do allow children to drink very small amounts of alcohol with the intention of helping their children to learn how to develop a responsible attitude to alcohol and not treating it as something that makes young people want to use it secretly.

ALCOHOL AND SEX

Drinking alcohol changes a person's ability to make decisions. One area where this is particularly true is sex. The following facts highlight the relationship between alcohol use and sex among teens:

- ◆ Youth who drink are more likely to engage in high-risk sex.
- ◆ They are less likely to use condoms.
- ◆ Teens who drink alcohol tend to have higher levels of sexual activity earlier, and have greater numbers of sexual partners.
- ◆ They report higher rates of sexually transmitted diseases, including HIV infection, and experience more unplanned pregnancies.

Talking to your teen about what can happen when they mix alcohol and sex is important, and should be discussed more than just one time.

ADAPTED FROM About.com: Parenting Adolescents.

WHAT ABOUT LEARNING TO DRINK?

Youth learn about drinking from a complex mix of how their body's biology responds to alcohol, what they see parents, family members, and peers doing, and messages from the media. They may copy what they see practiced in the home, and adopt similar attitudes their parents have toward alcohol consumption.

Research has shown that what youth observe from their parents has a lot to do with when an individual starts

drinking, how heavily and often they drink, and their reasons for drinking. If the teenager sees that getting drunk is an acceptable practice by parents and by other important people in his life, chances are greater that a teenager will adopt the same attitudes and behaviors. But if a teenager sees adults use alcohol in a responsible manner, the likelihood increases that your son or daughter will use alcohol responsibly when of legal age.

TOBACCO

What it is and what it does

Tobacco use is widespread, and in many cultures it is a “normal” practice; so much so that it is often overlooked when discussing teen drug use and addiction. It is important to remember that the drug in tobacco products, nicotine, is highly addictive, and that 70% – 90% of those who try using a tobacco product will become addicted. It is increasingly recognized that teenagers who smoke are at risk of becoming dependent on tobacco.



Tobacco use can lead to cardiovascular diseases, lung diseases and cancer, and there is growing evidence that links tobacco use to other serious medical or physical problems, such as cataracts, erectile dysfunction, ulcers and bowel disorders, infertility, sleeping problems, thyroid disease, and tooth and gum disease. Even exposure to someone else’s cigarette smoke may contribute to development of cancer in non-smokers.

TOBACCO

Nicotine is a powerful drug. It is present in all forms of tobacco: Smoked, chewed or inhaled, nicotine in the brain stimulates feelings of pleasure. Nicotine in tobacco is just as addictive as alcohol, heroin, and cocaine.

METHODS OF USE

Inhaled: cigarettes, cigars, pipes, water pipes, bidis, snuff

Chewing: loose tobacco, spit tobacco

EXAMPLES OF SLANG FOR TOBACCO

Cigs, smokes, butts

Chew, wad, spit

Snuff

OBSERVABLE SIGNS OF USE

Bad breath

Smell of tobacco

Shortness of breath

Yellowed fingernails

Nagging cough

Discoloured teeth

EFFECTS OF USE

Increased attention, decreased appetite

Reduction of stress and anxiety

Gagging, nausea and vomiting (initial use)

Dilated pupils, watery eyes

There are many statistics about tobacco use. Here are two that may surprise you:-

1. Globally, more deaths are caused each year by tobacco use than by all deaths from all illegal drug use, motor vehicle injuries, suicides, AIDS, and murders--combined!
2. More youth will die in their lifetime due to tobacco use than from all other drugs. Unlike other drugs, tobacco's health effects may not show up until later in life, so its impact on mortality is easily disregarded. However, most smokers start using cigarettes during adolescence, then struggle to quit when they become adults. As quitting is not always easy, a great proportion of smokers will die prematurely due to tobacco-related diseases.

Tobacco Epidemic

According to the World Health Organization (WHO), the tobacco epidemic in the 20th century killed 100 million people world wide, and is currently the cause of 5.4 million deaths every year. If urgent action is not taken, it is projected that, by 2030, tobacco use will have caused 8 million deaths every year and more than 80% of them will be in developing countries.

World Health Organization Report on the Global Tobacco Epidemic 2008

TOBACCO QUIZ: Got a Match?

Match the question to the correct percentage:	Percentage (%)
1. Percentage of adult smokers who start smoking in their teens	
2. Percentage of smokers age 17 or less who say they regret starting	
3. Percentage of youth smokers who will continue smoking and die early from a smoking-related disease	

CORRECT ANSWERS:

1. 80% - 90%,
2. 70%
3. ABOUT 30%

TOBACCO

Parents - Take Action

Helping your child to not use tobacco may also prevent him or her from using other drugs:

Teenagers who begin smoking in their early teens (12-15 years old) are far more likely to start using alcohol and marijuana earlier than teens who don't smoke at all; or who do not start smoking until later.

First and foremost as parents, you want to prevent your child from ever becoming addicted. The best way to do this is to try and see that they never start using. You are your child's strongest role model; you must model the behavior you want them to see. Don't allow your teenager to smoke, don't smoke yourself and don't allow other adults (friends or family) to smoke in your home.

If you are addicted to nicotine and you do smoke be honest with your kids about your problem and try and share your wish that you do not want them to end up the same way.

TOBACCO

Parents - Take Action

If your teenager has already started a tobacco habit in any form, there are ways to support him or her in quitting. Chances are he or she might want to quit. Current research indicates that many teenage smokers are interested in quitting, but need help to do so. Here are a few tips to help your teen:-

- ◆ Speak to your family doctor or pharmacist about things like nicotine gum or nicotine patches. Your doctor should have the latest information on current therapies and also be able to advise you about use by teens under the age of 18. Research shows that people have greater success quitting with this type of support.

- ◆ Access counseling from a health-care professional or, if it is available in your community or your teen's school, access group counseling.
- ◆ Promote exercise and healthy eating.
- ◆ Call a phone based support service. In several countries, governments have free services and Toll free helpline counselors to give advice to smokers and their loved ones on how to quit. These services are the most convenient way to get confidential help from well trained professionals for free.
- ◆ Suggest your teenager change his or her routines. A large number of people that smoke make associations between certain activities and smoking.
- ◆ Finally, discuss with your teenager the motives behind the tobacco industry. The tobacco industry targets young people as future smokers. Encourage your teenager to find out more about this industry and the detrimental impact it has on people all over the world and the environment.

No-one else is going to do it for us!

See more in Chapter 9 on how the media influences young people to smoke.

Suggested Activity

Look at Your Own Behavior

Identify your own behavior with respect to alcohol and tobacco and decide what message you think this is giving to your child.

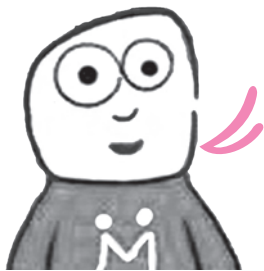
Discuss this with your family, friends – and your children.

Identify changes you might want to make in your own behavior with respect to alcohol and/or tobacco use.

Think about and make notes to prepare for a discussion with your child about these drugs.

WHAT TO DO IF YOU HAVE A TOBACCO HABIT

If you are addicted to nicotine and have a smoking or chewing tobacco habit, you can still provide supportive and strong messages to your teenager. Share with him or her how difficult it is to quit. Express your desire to quit and lead a healthier life style. Research has shown that children of smoking parents who discourage their children from smoking are less likely to pick up the habit (*AADAC, 2003*).



I wish someone had explained all this to me when I was your age...

Look at Your Own Behavior

Identify your own behavior with respect to alcohol and tobacco and decide what message you think this is giving to your child. Discuss this with your family, friends – and your children. Identify changes you might want to make in your own behavior with respect to alcohol and/or tobacco use. Think about and make notes to prepare for a discussion with your child about these drugs.

WHAT YOU NEED TO KNOW ABOUT ALCOHOL AND TOBACCO

This chapter has tried to highlight the particular concerns the prevention smart parent should be aware of with respect to the drugs most children are likely to use – alcohol and tobacco. Many children will experiment or try these substances. It does not mean they will end up as regular or problematic users or that they will come to harm. However alcohol abuse and tobacco use are the cause of the largest amount of preventable harm and death from drugs in the world.

Your children are under a lot of pressure to try and use these substances – from the media, from their peers, from the example of adults!

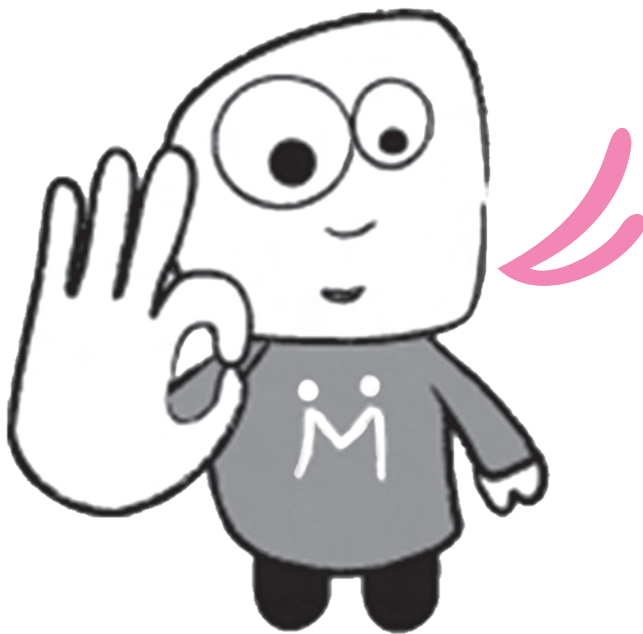
Do not underestimate the harm they can cause. It is important to talk to your children about these substances and make sure they are aware of the problems associated with them as well as being honest about your own use.

The other chapters offer other aspects of the effect these substances can have – including the influences from the media and the effect on the developing brain.

Chapter 4: Review			
	Question	Answers	Explanation
1	Alcohol and tobacco can be as harmful as other drugs.	True	<i>Because alcohol and tobacco are so easy to get, teenagers use them more often. Both of these drugs make changes in the brain that may lead to dependence and addiction, and have possible negative health effects. Whether an individual is addicted or not, use of either of these drugs may result in harm to the person.</i>
2	Alcohol is a depressant drug.	True	<i>Initially, alcohol generally produces feelings of relaxation and cheerfulness, and further consumption by the person can lead to blurred vision and coordination problems, and even unconsciousness when consumed in very extreme amounts.</i>
3	Drinking small amounts of alcohol can cause a little “buzz” but this small amount does not impact behavior or judgment.	False	<i>Alcohol when consumed in small quantities has been linked with lowered inhibitions, and some studies suggest that mildly intoxicated people have a reduced ability to correctly evaluate the consequences of their behavior.</i>
4	Parents can protect their teen from abusing alcohol by teaching them how to drink.	False	<i>There is no reliable evidence that teaching an underage teenager how to drink will reduce that young person’s likelihood of developing a later problem with alcohol although education, by parents and others, on the issue of alcohol use, consequences of use, and how it can and should be used responsibly makes a lot of sense.</i>
5	Chewing tobacco is safer than smoking cigarettes because it does not contain nicotine.	False	<i>It is true that chewing tobacco does not create a risk for lung cancer and other smoking–related health effects. However, it contains nicotine which is related to a high risk of oral cancer.</i>
6	Parents who smoke can still give strong messages to their teens about not smoking.	True	<i>If you are a smoker, you can still be effective in trying to keep your child free from using tobacco products. Do not let your habit interfere with your efforts to teach your children about being healthy. However working to stop your smoking habit will have an even better impact!</i>
7	Second-hand tobacco smoke can cause cancer	True	<i>Research shows that second-hand smoke can cause cancer in adults, children and even pets. Second-hand smoke can also trigger asthma and ear infections in children. Smoking outside the home is usually not enough to prevent respiratory problems for those who are most sensitive. Clothes, hair and skin of the smokers bring residues of cigarettes inside the house, not preventing the problem entirely.</i>

CHAPTER **5**

**WHAT YOU NEED TO KNOW ABOUT MARIJUANA/
CANNABIS**



Parenting Tips

**Understanding a
Cannabis-Like Drug:
Spice**

Smokable herbal mixtures under the brand name 'Spice' are known to have been sold on the Internet and in various specialised shops since at least 2006. Spice is advertised as an 'exotic incense blend which releases a rich aroma' and 'not for human consumption', and its chemical structure differs substantially from the active ingredient of cannabis (THC). However, when 'Spice' products are smoked, users report the effects similar to those of cannabis.

CHAPTER 5

WHAT YOU NEED TO KNOW ABOUT MARIJUANA/ CANNABIS

Marijuana is a drug that many people use, some regularly with no apparent negative effects. However, it can trigger mental disorders, particularly for those who may be pre-disposed to have a mental illness. It can also contribute to other negative effects and potential harm. This chapter helps you learn how the use of marijuana can affect your child's memory, learning, and performance of physical activities.

SLANG Names For MARIJUANA/CANNABIS

There are more than 200 slang terms for cannabis, varying from city to city, and community to community. Some common names include: hashish, pot, grass, herb, weed, Mary Jane, reefer, skunk, boom, gangster, kif, chronic, and ganja.

List slang names for marijuana used in your own community

1.
2.
3.
4.
5.



How marijuana is used

- ◆ The most common method is smoking loose cannabis rolled into a cigarette called a joint or nail.
- ◆ Marijuana can be smoked in cigarette form and in a pipe (locally known in Uganda as emindi),
- ◆ In powder form, marijuana can be sniffed.
- ◆ Some users brew marijuana as tea, mix it with tea or mix it with food.

Where does Cannabis come from?

Cannabis is grown all over the world; in fields as a crop or inside buildings –as long as there is water and artificial light. Different weather and soil conditions can change the amounts of chemicals inside the plant, which means that certain parts of the world produce stronger cannabis than others. In Uganda where it is illegal, people mix cannabis with other crops, grow in middle of forests or large plantations

THE POWER OF MARIJUANA

One effect of cannabis is that it can cause some people to lose focus on events around them. For some this may seem to be an enjoyable experience. This happens because cannabis causes some parts of the brain -- the parts associated with motor coordination, emotions, memory and judgment -- to go out of balance and control. When this happens, a drug user may make unhealthy behavior choices.

Marijuana contains about 400 chemicals that affect the brain, cause various changes and can lead to addiction and lung cancer in the long run. The main chemical ingredient found in marijuana is called delta-9-tetrahydrocannabinol, better known as THC.



Within minutes of inhaling, the impact of the chemical THC in marijuana causes the user to feel “high,” or filled with pleasant sensations. For some people, this is and remains a pleasant and temporary sensation. But depending on the person, the situation, the strength of the cannabis it can become harmful and even dangerous both to the user and to the relationships with his or her friends and family.

Examples of negative effects that marijuana can have

- ◆ **FROM RELATIVELY HARMLESS:** Under the influence of cannabis, your son forgets his own phone number.
- ◆ **TO MORE CONCERNING:** Your daughter’s school grades drop.
- ◆ **TO FATAL CONSEQUENCES:** A young driver is seriously injured in a car crash, or a passenger is injured when the driver of the car is under the influence of marijuana.

WHAT HAPPENS WHEN CANNABIS HITS THE BRAIN?

Marijuana affects coordination, learning and emotions.

Motor coordination

Marijuana finds its way into the cerebellum, the section of our brain that does most of the work on balance and coordination. Research shows that drivers (of any age), under the influence of cannabis have slow reaction times, impaired judgment, and problems responding to signals and sounds on the road. This may lead to fatal motor accidents and missed opportunities for success. For instance a boy playing football under the influence of cannabis may miss the opportunity for kicking the winning goal because his mental state is not balanced/ coordinated.

Learning

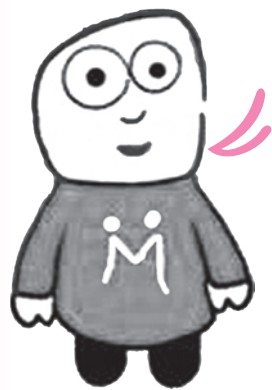
Marijuana affects the memory brain center (hippocampus) that is in charge of certain types of learning memory. It disrupts the normal functioning of this memory center leading to trouble studying and learning, and problems recalling recent events such as a phone number or today’s lesson in class. Under the influence of marijuana, new information may never register- and may be lost from memory.

Emotions

Marijuana affects emotional balance and influences emotions by acting on a region of the brain called the limbic system. For some people, it causes uncontrollable laughter one minute and suspicion next minute.

Medical dangers

Just as tobacco, smoking cannabis may cause lung cancer because it has some of the cancer- causing substances. Cannabis smokers are at higher risk of lung cancer than cigarette smokers because they tend to inhale more deeply and hold their breath longer than cigarette smokers do, so more smoke enters the lungs.



MARIJUANA: “EVERYBODY’S DOING IT!”

“Everyone is doing it... well, at least one of them in my class... school... village”!

“My friend use marijuana and nothing happens to them”

“I used marijuana and it never did me harm, why should I worry about my child?”

These are examples of reasons that young people give for using and continuing to use marijuana. It is called rationalization. In Uganda, the use of marijuana is most common among out of school young people and young adults living in urban slums, although other groups of young people including school going children are increasingly getting hooked. Many parents are surprised to learn that their children are using drugs and in most cases do whatever is possible to protect their children from the “public eye”.

Although It may be true that some people use marijuana and apparently come to no harm and stop using as they grow older, some continue to use with no “apparent effects”. However just like any other drug, you can never be sure what impact it will have - or is having; when this will show; and how harmful the impact will be. It is even more likely to be problematic when used with other substances like alcohol or other drugs.

WHAT ABOUT MEDICAL MARIJUANA?

THC, the main active ingredient in marijuana produces effects that potentially can be useful for treating a variety of medical conditions. It is the main ingredient in a synthetic pill that is currently used to treat nausea in cancer chemotherapy patients, and to stimulate appetite in patients with wasting due to AIDS. Scientists are continuing to investigate other potential medical uses for “cannabinoids”.

Even though THC has been shown to contribute to improvement in some diseases and medical conditions, smoking marijuana is difficult to justify medically because the amount of THC in marijuana is not always consistent, and smoking is bad for one’s health. It would be difficult, if not impossible, to come up with a safe and effective way to smoke cannabis for medical purposes. The negative effects of any kind of smoke on the lungs offsets the helpfulness of smoked marijuana for some patients.

Medical use of marijuana under prescription and in controlled conditions may have its place as researchers learn more about how to use to offer more benefit than harm to some. But this is far from accepting the drug as something that should or could be used by everyone with no negative effects.

It is important to remember that prescription medicines are dangerous if used without supervision from a doctor.



Understanding a marijuana-Like Drug: Spice

Smokable herbal mixtures under the brand name ‘Spice’ are known to have been sold on the Internet and in various specialized shops since at least 2006. Spice is advertised as an ‘exotic incense blend which releases a rich aroma’ and ‘not for human consumption’, and its chemical structure differs substantially from the active ingredient of cannabis (THC). However, when ‘Spice’ products are smoked, users report the effects similar to those of marijuana.

Suggested Activity

Talking to Your Child about Drugs

Check the information on drugs and write down the things you read that you think are really important to share with your child.

Now plan how and when you will share this information with them. Plan your responses to statements like:

1. But it is fun to try cannabis. I won’t use it a lot. Just for fun with my mates.
2. Everyone else does it and they don’t come to any harm.
3. Encourage your child to occupy their free time, steer clear of peers that care actually or potential drug users
4. Encourage your child to find other sources of information available on internet or mentor website and to get involved in activities by NGOs in the community on drug abuse prevention.

KEY MESSAGES ABOUT MARIJUANA

We have focused on marijuana in this chapter as it is the most commonly used illegal substance by young people and one which they are likely to come across and be offered. The **PREVENTION-SMART** parent needs to be aware of the risks and potential harm this substance can cause and try to discuss this with their child. It is no good being alarmist as the children will often point to their experience of people they know who use marijuana with no apparent negative effects but hear of the pleasant and soothing influence it can have. They will often argue it is less dangerous than alcohol and tobacco. However they need to know it is a risk to use it, as well as being illegal and that the consequences of use, particularly regular use can have very harmful consequences that can ruin lives forever.

Information about drugs is useful but never enough on its own.

The **PREVENTION-SMART** parent has to think creatively how to give or share the information in a way that is well received by their child and also look at the other reasons that may result in their child using drugs.

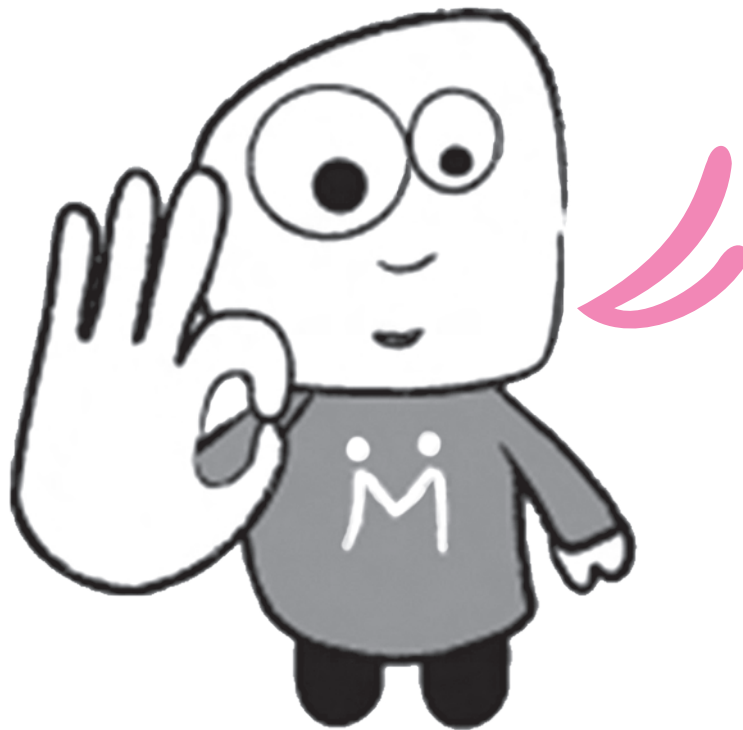
Chapter 5: Review

Question	Answers	Explanation	
1	Memory loss and ability to learn new information are harmful effects of smoking cannabis (marijuana).	True	<i>Cannabis is a very powerful drug. It can cause some people to lose focus on events around them. This happens because cannabis causes some parts of the brain--such as those governing coordination, emotions, memory and judgment -- to lose balance and control. Within minutes of inhaling, a user begins to feel "high," or filled with pleasant sensations. Disrupting the normal functioning of this memory center can lead to trouble studying and learning, and problems recalling recent events. The difficulty can be a lot more serious than "Did I take out the trash this morning?" Under the influence of cannabis, new information may never register - and may be lost from memory.</i>
2	Smoking cannabis is less harmful than smoking cigarettes.	False	<i>Smoking cannabis may cause lung cancer because it has some of the same cancer-causing substances as tobacco. Plus, cannabis smokers tend to inhale more deeply and hold their breath longer than cigarette smokers do; so more smoke enters the lungs. Puff for puff, smoking cannabis may increase the risk of cancer even more than smoking cigarettes does.</i>
3	Nearly all teenagers smoke cannabis.	False	<i>It is a myth that "everyone smokes cannabis", although many teens and adults think that this is true. For example, the World Health Organization conducted a study of youth from 35 different countries and regions. It was reported that cannabis use varies widely among 15 years olds: those who have ever used cannabis ranged from 3% to 46%.</i>
4	The main active ingredient in cannabis is THC.	True	<i>The THC chemical is the main ingredient in cannabis that causes the effects of the drug on the brain. THC contains a chemical called delta-9- tetrahydrocannabinol. There are numerous chemicals in marijuana - about 400 of them, and some of these contribute to lung cancer. But THC is the main active ingredient.</i>
5	You cannot get addicted to cannabis.	False	<i>It is a myth that cannabis is not an addictive drug or that it can't cause people to become physically or psychologically dependent on it. Individuals can get addicted to cannabis, just as a person can get addicted to other drugs. It is also seems likely that some people may have a worse reaction to cannabis use than others which can result in mental health problems and even schizophrenia.</i>
6	Drugs other than cannabis that are misused by teenagers include amphetamines, LSD and cocaine.	True	<i>Young people misuse drugs that are also misused by adults. Cannabis, following use of alcohol and tobacco can often be seen as a route of drug use than can lead to use of other even more dangerous substances.</i>

prevention-smart parents

CHAPTER **6**

WHY DO SOME YOUNG PEOPLE USE DRUGS?



CHAPTER 6

WHY DO SOME YOUNG PEOPLE USE DRUGS?

Young people use or try drugs for many of the same reasons adults use drugs. For example, to discover what happens, because they think it will make them feel different or better, or to help ease emotional pain. This chapter looks at some common factors that may lead a teenager to try drugs and why some continue use after it has started.

I don't know why anyone would want to use drugs!

Having a good understanding of this question can help parents prevent their children from using drugs and to reduce the harm that drug misuse can cause.

WHY USE DRUGS?

Why do you think adults use drugs? Consider this question for a moment and list at least 4 reasons why you think adults use drugs.

Reasons for drug use

1.
2.
3.
4.

Remember, by drugs we mean all street drugs, prescription drugs found in the home or that can be purchased illegally, non-prescription drugs available in stores, household products such as inhalants, drug substances, tobacco and alcohol.

- ◆ The above reasons remind us that drug use has several effects on the user: emotional changes (how we feel), social interactions (how we react to others in a relationship and in social situations), and physical changes (how our bodies feel).
- ◆ Reasons listed for why adults use drugs are also relevant to why teenagers use drugs. Just like adults, teenagers will say they use drugs to provide comfort, to change the way they feel, and to make them feel better.
- ◆ Of course, these effects are temporary, which leads some people to continue to use. When drug use is repeated, a person can become dependent on them and even get addicted.

A TEENAGE VIEW OF DRUG USE

Let's examine in more detail some of the reasons why teenagers might use drugs.

- ***To escape from problems***

Drugs can be used to help cope with personal problems, such as pressures from school, family break-up, street life pressure or relationship problems.

- ***Relief from boredom***

It is common for young people to complain of boredom. Unfortunately, some teenagers see drug use as a way to deal with this feeling.

- ***Seeking the high***

Teenagers may believe that drug use can lead to positive physical and psychological effects, and that the feeling of getting "high" is pleasurable.

Here are some reasons why adults use drugs

- Relieve physical pain
- Feel better emotionally
- Reduce stress
- Cope with problems/challenging situations
- Make socializing easier
- Feel confident
- Deal with boredom

- **To feel more confident in social situations**

It is common for young people to feel awkward in social situations, and youth may use drugs to feel more confident with peers.

- **To fit in or to be cool**

Many young people believe that using drugs will help them fit in with friends so they can be “cool”. And when their friends are using, it is hard for young person to go against what the others are doing.

- **Curiosity**

Some young people use drugs because they are curious about their effects.

Can you spot differences between the reasons why adults and young people use drugs?

1.
2.
3.
4.
5.

RISK FACTORS: Why some teenagers may be more likely to use drugs

We have highlighted some of the common reasons why teenagers use drugs. But some teenagers are more likely to use drugs than other teenagers. This is because some young people and their circumstances tend to increase the likelihood of using drugs.

Important points to remember:-

- ◆ Risk factors are characteristics that can be seen in your child, but they also come from the child’s environment and social circumstances, such as at home, school and in the community.
- ◆ No single risk factor is by itself a reliable factor for drug use. A teenager can have a risk factor and not use drugs.
- ◆ The more risk factors that are present in a teenager, the greater the likelihood that they will try or use drugs.
- ◆ Risk factors do not determine future drug use; they only provide a general scale as to the likelihood of drug use. Some youth with many risk factors will not use drugs, and some youth with no risk factors will use drugs.

COMMON RISK FACTORS THAT INCREASE THE LIKELIHOOD OF DRUG USE IN YOUNG PEOPLE

- ◆ Serious disruptive behavioral problems or delinquent behaviors, such as breaking the law, not obeying rules, getting into fights
- ◆ Parents who are too permissive about their child’s disruptive behavior
- ◆ Friends and peers who also show serious delinquent or disruptive behaviors
- ◆ Trouble at school, including truancy and expulsion
- ◆ Insensitivity or lack of respect to others their same age
- ◆ Difficulty controlling impulses or delaying gratification; for example: I WANT it NOW!
- ◆ Suffers from severe depression or anxiety
- ◆ Parents who do not regularly talk to their children about the issue of drug use
- ◆ Parents who abuse and/or regularly use alcohol or other drugs themselves
- ◆ Lack of parental care and guidance and of any other significant adult to offer guidance and support

Risks in the home

The following is a list of risk factors for drug and substance use in a home environment:-

- ◆ Cigarette left casually on the table
- ◆ Alcohol and spirits left in the fridge
- ◆ Alcohol and spirits on display
- ◆ Prescription/medical drugs left beside the table
- ◆ Glue, solvents and other harmful substances left in places where children can reach.

List more risk factors in the home that you may know of:-

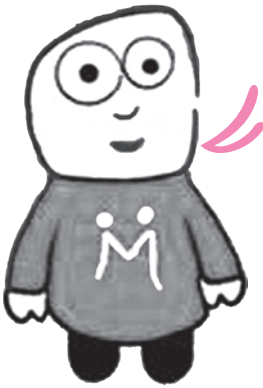
1.
2.
3.
4.
5.
6.
7.
8.

REASONS WHY NOT ALL TEENAGERS USE DRUGS

We can learn a lot about why youth use drugs by also understanding what keeps teenagers away from drugs. Here are some reasons offered by teenagers as to why they do not use drugs:-

- ◆ Disapproval of drug use by significant people in the young person's life (parents, friends, other relatives, other adults)
- ◆ Fear of legal consequences
- ◆ Has a strong interest in being responsible and a good role model
- ◆ Develops future career goals; drug use is viewed as incompatible with being successful at work or in life
- ◆ Uses spare time; e.g., several hobbies; a part-time job; engaged in voluntary work; and drug use would interfere with these
- ◆ Has a negative prior experience with drugs (e.g., made the person ill)
- ◆ Concerned drug use would damage or harm one's health
- ◆ Fear that using drugs will lead to addiction
- ◆ Concerned about losing and control doing something they would later regret
- ◆ Concerned that drug use would hurt school performance
- ◆ Has several alternative sources for excitement and arousal; such natural "highs" include hobbies, sports, theater or music, and other school interests.

Suggested Activity



Share with your child

Discuss the list of why some young people use drugs (the RISK FACTORS) with your child and see if they agree and how they feel about the risk factors and how they might apply to them. Try and identify the ones that you may need to work on.

Share the list of why young people do not use drugs and identify with them how far these items figure in their thoughts and behaviors.

If these are the risk factors try and think about what might be the factors that will help to protect them!

QUIZ...

DO YOU AGREE OR DISAGREE

Select whether you 'Agree' or 'Disagree' with the statements below and compare your answers with facilitators:

Question	Answers	Reasoning
1	If a parent abuses alcohol, their child is more likely to abuse alcohol.	True <i>One way a parent can help to reduce the likelihood that their child will abuse alcohol is to not personally over-use alcohol, and not get intoxicated in front of your child.</i>
2	Living in a neighborhood that is unsafe for children and where neighbors do not know each other does not increase the likelihood of drug use by youth.	False <i>Neighborhoods with unsafe conditions may contribute to drug use by the young people living in that neighborhood.</i>
3	Teens use drugs for some of the same reasons that adults use drugs.	True <i>Young people and adults often use drugs for the same reasons, such as to relieve anxiety, to deal with depression, or to deal with boredom.</i>
4	Sometimes teenagers get drugs from other students at school.	True <i>Unfortunately, sometimes a teenager gets his or hers drugs from others at the same school.</i>
5	"Risk factors" are characteristics in a person or in the person's environment (e.g., the home; the neighborhood) that may contribute to drug use.	True <i>Risk factors can contribute to drug use. This may be a person's susceptibility to taking risks or the presence of risks in the person's experience and environment. The opposite of risk factors are protective factors which include the need to address how to respond to risks.</i>
6	Even one risk factor will directly result in drug misuse.	False <i>No single risk factor would directly lead to drug misuse. Experts say that it's the accumulation of several risk factors that increase a young person's likelihood of drug misuse.</i>
7	Once a child enters adolescence it is too late for parents to teach them about drug use prevention.	False <i>Being a parent and having an influence on your child extends into adolescence. You can help prevent drug misuse when your child is a teenager but it is better to begin from an early age and make it a part of the child's ongoing education and learning.</i>

KEY MESSAGES

Teenagers are not all that different than adults when it comes to reasons why they use drugs. Drugs provide temporary relief from emotional suffering or boredom. And drugs can make a person feel different, which is rewarding for some people for some of the time. These temporary psychological and social effects can tempt young people into trying drugs and which may lead to regular use, use of different drugs and even to addiction.

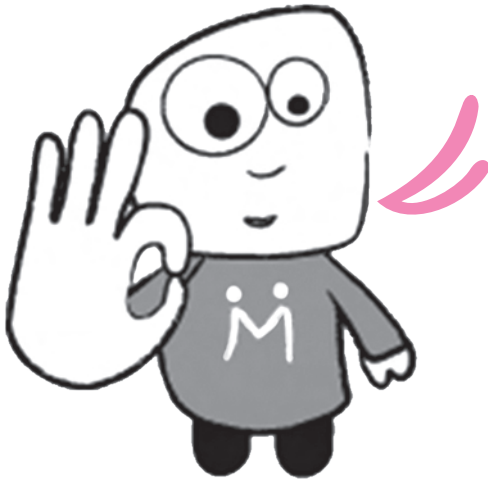
Research indicates that some youth are more vulnerable to using drugs, and to end up in trouble with them more than other youth. These “high-risk” teenagers tend to be experiencing the **RISK FACTORS** such as being rule-breakers, not doing well in school, having friends who also use drugs, having chronic problems with depression or anxiety, and having parents who are not concerned about their child using drugs.

Not all young people use drugs. Most teenagers stay away from drugs because they know the dangers, risks and harm drug use can bring, and they find more satisfaction from alternative activities.

Remember in spite of what we read and some of the disturbing statistics about young people’s drug use the majority do not regularly use drugs; though some may experiment or try only once, typically they will not get into regular illegal drug use. However, what we have to be concerned about is the number that do use the legal substances of alcohol and cigarettes and increasingly the use of prescribed and over the counter drugs.

CHAPTER 7

HOW DO I PROTECT MY CHILD FROM DRUGS?



Parenting Tips

What makes a good role model?

A good role model is one that 'walks the talk'. In other words they also 'practice what they preach'. This is particularly true with respect to parents, teachers and elders who are in the company of children. Young, impressionable minds need to be guided in every matter, and so also in the inculcation of desirable habits which will go a long way in shaping the child's personality and make them confident individuals and eventually good parents themselves.

So, what does the child expect to see in a parent?

Confusion in thinking occurs when a child is admonished for something and then sees the parent do the very thing that he was admonished for. It could be anything-from using cell phones and texting all the time, overeating, staying out late without informing, wearing the wrong kinds of dress or accessories, being spendthrift, back-answering an elder, keeping room tidy, being punctual, reading a book or watching TV while at the family dinner-the list is endless.

So, what is expected of the parent?

Do what you are telling your child to do. Let them follow the example. Do not ever give them the chance to turn around and point out your shortcomings. You command respect that way and they will learn to love and respect you always. "I have the best mommy/daddy in the world!" will be followed up with being their friend in their teens and even as a young adult they will value your suggestions and come to you for advice. Is that not what every parent desires?

CHAPTER 7

HOW DO I PROTECT MY CHILD FROM DRUGS?

This is the important follow-up to Chapter 6: Why Do Some Kids Use Drugs? Here we offer suggestions for how parents can decrease those “risk” factors that can influence young people to use drugs. We also focus on how you can encourage **PROTECTIVE FACTORS** and help your child to make healthy choices and decisions to promote his or her safety and well-being.

Even though it is impossible to control everything to ensure full and complete protection from drugs, **PREVENTION-SMART** parents can work to add as many protections as possible to a child’s life and to the entire family.

BUILDING PROTECTIVE STRENGTHS AND ASSETS WORKS!

For some parents, life may have seemed simpler during their teenage years compared to what are faced by youth today particularly given the changes in technology, media and in terms of what we perceive to be different attitudes and behavior. Yes, your generation had drugs, alcohol, pre-marital sex, violence, and school drop-outs, but the current generation has all of those plus new concerns, including some that require more adult supervision. Many families have both parents at work, and that means that many children spend more hours without adult care and supervision. Also, for various reasons, there may be an overall attitude by many adults that youth today are more mature than they used to be and therefore need less supervision. I wonder if this is true? What do you think?

The reality is that our children and teenagers still need parents to be there for them.

Youth still need adults in their lives to be present, reliable, and consistent in what they say and do. This is the solid foundation for growth and development. These qualities form the basis for good relationships and communication between parent and child. This strong bond between a child and his or her parent is a key “foundation stone”, tool (or asset) to helping youth deal with stresses and challenges they experience as they grow up. And **PREVENTION-SMART** parents can also help create and support many other tools or assets.

HELPING BUILD MORE PROTECTION FOR YOUR CHILD

PROTECTIVE ASSETS (or protective factors) are life tools or resources that help a person stay safe and healthy, and allow them to become a successful adult and a contributing member of a community. Think of assets as something that give you an advantage or edge in a competition or challenging situation. For example, in a game of football having quick feet and good vision of the playing field may give you an advantage over players with less of these skills. In the classroom, a student may do better on an exam because he or she had learnt the need to study, having enough sleep the night before, eating breakfast, and not getting into a fight on the way to school.

Protective assets reside within a person: For example, it can be a characteristic like having a good sense of humor, or being calm and showing leadership during difficult situations. Assets may be located in the environment, such as in the home where a parent pays close attention to the health and well-being of a child; or a school where teachers encourage and support students’ positive efforts to achieve. Also, assets are found in communities, churches, temples, mosques, etc., neighborhoods or communities where caring adults are supportive of youth’s health and safety. The challenge is to help our children identify access and use these assets.

Creating and applying assets does not require money. What they typically require is the time and commitment of caring adults and friends who support, encourage and guide youth. Parents play a key role, but everyone in the youth community (that can be school, religious group, sports teams, workplace, homes of friends and relatives) can contribute by making the personal commitment to support youth in making positive behavior choices that help protect against irresponsible drug use and other negative health and social behaviors.

One major source of assets for your child is you, being a **PREVENTION-SMART** parent when **COMMUNICATING** with your child and being effective with care and **DISCIPLINE**. This category of assets is so important that we devote **the next chapter 8 to this topic**.

PREVENTION-SMART PROTECTION

Over the next few pages are key protective assets that can help keep your child free from drugs. We have divided these into the following 6 categories:

1. **Prevention-Smart Families**
2. **Prevention-Smart at School**
3. **Prevention-Smart Communities**
4. **Prevention-Smart Relationships**
5. **Prevention-Smart Values**
6. **Prevention-Smart Child Confidence**

It would be impossible for a person or family to have all of these assets. Think of the list as a way to identify assets you and your child already have, and as a way to identify areas where you and your child can work together to create an even healthier and safer family.

PREVENTION-SMART FAMILIES

Think about how you would rate yourself out of 10 in the following areas.

Family support

Provide high levels of love and support.

Use words, actions, and attitudes that show you love and care about everyone in the family.

Positive family communication

Encourage your child to seek help and advice from you.

Be a good listener and encourage your child to offer points of view.

Model good communication by communicating in a positive way between parents.



Family boundaries

It is important that you establish clear family “rules” and consequences of breaking them that are known and respected by all members. Write down the rules and consequences and discuss them together as a family. Where possible, develop the rules in discussion with your children so they can appreciate the reasons for the rules and be part of making and agreeing them. Get them to think about “terms and conditions” rather than rules.

As a PREVENTION-SMART parent, monitor the young person’s whereabouts as far as possible. Also tell your child your whereabouts.

Time at home

Encourage your child to spend time at home with the family and be involved in family evening activities when not doing homework.

If a parent is working or must be away from the home during this time, try to arrange to have another trustworthy adult check in on your child. If this is not possible, see if you can arrange for your child to attend a supervised activity center, library, or other place such as the home of a trusted adult where he or she can use the time to study or socialize in a safe setting with people you trust.

It is not an asset to have your child out a lot of the time with peers “with nothing special to do.”

Reading or Viewing For Pleasure

Promote reading or viewing for pleasure to fill your child's unscheduled time. You can encourage this when you read books, newspapers and watch TV and discuss this together. Discuss what you read and view during family time, and ask your child to talk about what he or she is reading or enjoys watching. Exchange books and DVDs with other families. You might even ask your child to read a book to you or read one to them. Watch TV together and discuss what you watch.

Family Activities

Plan 'family night' activities; include a night or weekend afternoon going shopping eg for the "food shop" at the supermarket or going to a sports game together or for a walk or to the gym or doing exercise.

PREVENTION-SMART AT SCHOOL

Think about your marks out of 10 in this section too:

Parent involvement in schooling

Parents need to be actively involved in helping youth succeed in school. This means rewarding your child for doing homework, getting enough sleep, eating breakfast, etc. Of course, high marks or grades can always be rewarded. Remember success does not mean being top of the class but achieving what they are capable of and trying hard.

Parents can also support their child's school performance by showing interest in school activities. Examples of this are helping in the classroom, at parent-teacher meetings or with activities such as music performances or sports clubs.

If a parent is unable to attend these activities, they can ask teachers how they can help out in other ways; for example making phone calls to other parents, helping with errands for an after-school club attending and supporting school sports or other activities.

School boundaries

Support your school's efforts to provide clear rules and consequences. Make sure you know what these are, and reinforce them with your child.

School engagement

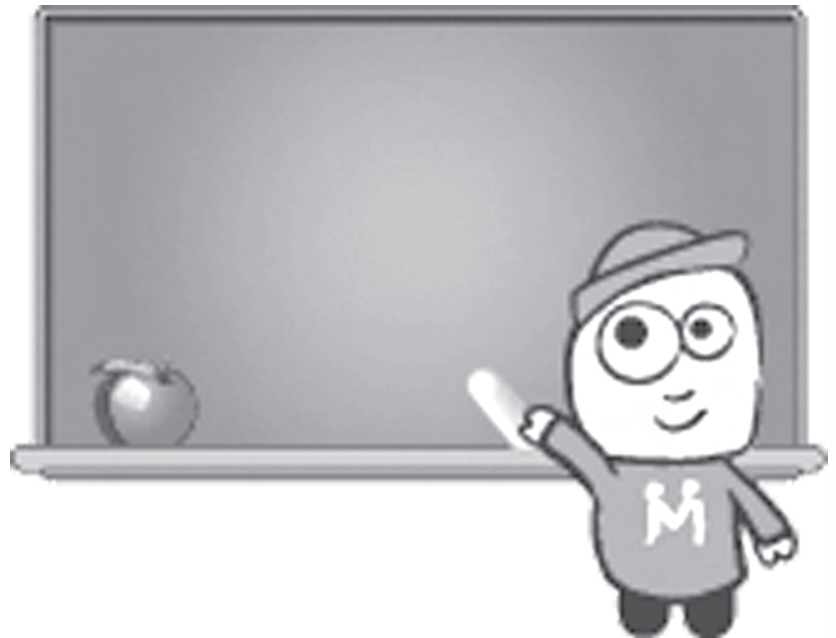
Promote your child's engagement in learning. Make sure your child gets to school on-time, and encourage them to participate fully in classes.

Make a habit of asking questions about what happens at school, on the bus/ Taxi, in extra-school activities, and what they like about their teachers.

Reward your child when he or she makes extra effort, gets a good report, high marks or grades, completes homework on time, works hard on special school projects.

Review homework with your child. Be available to help with homework. Reward your child for taking homework seriously.

Respond to any problems your child shares about school or teachers. Involve them in any action you feel you should take to help them.



Home-school links

Encourage your child to care about her or his school and to feel good about school. You can help by attending school activities, talking about school achievements.

PREVENTION-SMART COMMUNITIES

Think about the 1 to 10 scale!

Caring neighborhood and communities

Youth may benefit from the family's involvement with neighbors. If the neighborhood a child lives in is dangerous, you can turn to support from other communities where the child is a participant; such as religious organizations; ethnic or cultural groups; or special interest groups such as sport or performing arts clubs.

Encourage your child to be part of your efforts to develop healthy relationships with neighbors or community members.

Make sure your child recognizes and knows the names of trustworthy neighbors whom they can ask for help if needed. Also your child can help neighbors with simple jobs, such as carrying groceries up a flight of stairs or reaching a high shelf, posting letters, or moving furniture.

Have conversations with youth about what neighbors are doing. Encourage them to have a sense of concern for them, or to develop awareness of personal safety issues if the immediate neighborhood is not safe. Talk about changes or events that are occurring in the neighborhood.

Community that values youth

Youth benefit from knowing that a community supports the health and well-being of young people.

When parents and other adults are active in a community's youth activities, it shows that they value youth. Examples of this are volunteering as sports coaches, activity leaders, after-school program leaders, and helping the community.

Youth gives service to others

Encourage your child to contribute to other people. Giving an hour or two each week to help out with a project contributes to personal satisfaction and a sense of community membership.

Many schools offer supervised structured volunteer opportunities for students during after-school hours.

There is also the possibility of encouraging them to help in their own community.

Creative activities

Regular involvement in artistic activities, such as art, music, theater, etc., can help your child acquire skills and can encourage them to use their free time in positive ways.

These activities can be modest in scope, i.e., they don't have to be classes at an art academy or a professional theater. Try to rely on community resources for creative activity programming to provide easy access for youth. More formal programs / classes can be useful when a child shows continued interest or expresses interest in advanced levels of involvement.

Sports and Youth programs

Regular involvement in organized group activities that are supervised by adults promote asset-building. Examples include participating in sports, clubs, and organizations at school and in the community.

Not all young people enjoy sport or are good at it so try and find something your child enjoys and where they experience achievement and enjoyment.

Religious community

If consistent with your values, promote your child's participation in church, temple, or mosque, and related religious activities.

PREVENTION-SMART RELATIONSHIPS

Positive peer influence

Try to get to know your child's best friends. Encourage your child to invite friends to your home. Observe if these friends consistently show responsible behaviors and choices and if not discuss this with your child as an item of concern.

Try to get to know the parents of your child's best friends. Share your views with them about the importance of protecting young people from drug use.

If you believe your child's friends are using drugs, tell your teenager that you do not approve and why. Do not encourage activities where you know your child will be with these friends.



Other adult relationships

It is important for a young person to receive support from other non-parent adults, and for other "important people" to be in their lives who are available for help with questions or problems.

These can be aunts/uncles, step-parents, grandparents, uncles and aunts, caregivers, teachers, coaches, mentors, religious leaders, neighbors; anyone who will provide a positive role model that supports a healthy lifestyle including their behavior with respect to drugs.

Interpersonal competence

Help your child with skills that promote making and keeping friends. Skills important for this are having empathy for another person's feelings, being sensitive to others' needs and helping a friend with a favor when appropriate.

Cultural competence

Encourage your child to have friends and be friendly with people of different social, ethnic, and racial backgrounds than his or her own.

You can model this valuable principle by developing relationships with adults from different backgrounds.

Peaceful conflict resolution

Encourage your child to solve problems in non-violent ways and to avoid conflicts that can escalate into a very dangerous problem. When you are resolving a conflict with your child, negotiate different solutions and avoid using aggressive language.

PREVENTION-SMART VALUES

Do the 1-10 scale for yourself!

Equality and social justice

Promote awareness that we all need to have social responsibility. Emphasize the value of helping others who suffer from inequalities, poverty, hunger, handicaps and loneliness.

Integrity

Support your child's efforts to have confidence to say what he or she believes and to protect these beliefs.

Seek opinions from your child, and take time to listen to your child's thoughts about things that matter to him or her. Even topics like bad calls in a football match, or witnessing others' rude behavior can be a good opportunity for your child to sort out concepts like fairness or responsibility.

Honesty

Encourage your children to tell the truth even when a lie would be easier. Use real-life examples from the family, your past or from the media as lessons about the importance of honesty.

Responsibility

Promote the importance of your child showing respect and regard for his or her own family and property.

Restraint

Discuss with your child, before he or she reaches the teenage years, the importance of choosing to not use alcohol and other drugs and for choosing health by respecting his body and respecting others.

During your child's teenager years, reinforce this policy, but also tell them about responsible use. Have a conversation about why people usually use these substances and why these substances can be harmful. Be open to answer their doubts. Provide them with the necessary information to make healthy and responsible decisions.

If your teenager is already using drugs, do not ignore this.

PREVENTION-SMART CHILD CONFIDENCE

Safety

It is vital to make your child feel safe at home, at school, and in the neighborhood. Not having to worry about crime or criminal behavior in the neighborhood, school, or at home helps youth feel secure about his or her life and future. Even if you cannot completely eliminate unsafe conditions, support your community's efforts to curb crime. Push your school to maximize school safety.

Educate your child about the dangers of misuse of medicines and irresponsible alcohol and other drug use.

High expectations

Encourage your child to work and try hard in school, extra-school activities, and hobbies. Support these efforts as much as you can.

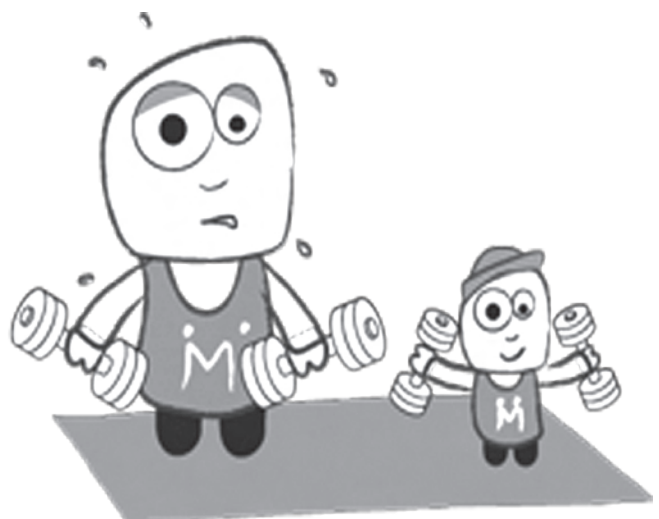
Also reward behaviors that promote motivation, such as waking up on time for school; keeping his or her room or space organized; caring about personal hygiene; seeking approval and validation for work on school projects.

Rewards can be praise or take other forms and not always mean money!

Self-esteem

Reinforce the importance that your child act in ways and make decisions in life that promotes a positive self-esteem (feeling good about oneself).

Discuss specific ways of doing this, such as speaking loud enough to be heard and being assertive (not aggressive!), having good posture, making eye-contact when talking to adults and others, and interacting with people of all ages.



Also, encourage your child to strive to achieve and reward him or her for putting in the effort and avoid being concerned with the outcome.

Resistance skills

Part of being a good parent is to teach your child a core asset skill: how to resist negative peer pressure and dangerous situations.

Talk to him or her about the importance of recognizing and resisting negative peer pressure and potentially dangerous situations. Remind your child that it is okay to say to friends “this is not for me” and to walk away from unhealthy and dangerous situations.

Sense of purpose

Encourage youths to think about and express interest in their future life. This can help them recognize that “my life has a purpose.” Having a purpose in life is a powerful feeling for all people.

When youth talk about the future in positive ways, such as telling you about specific goals or pathways to achieving goals, they are showing that they believe in themselves and their plans for a happy and successful life.

Planning and decision making

Help your child develop skills for how to plan ahead, set personal goals, to make healthy choices, and to organize his or her daily life. Tell your child about your own goals and how you plan to achieve them.

If needed, help your child get in the habit of using these skills by writing down goals, plans and choices.

Positive view of personal future

Encourage your child to think of his or her future in positive ways. Have him or her tell you what excites him or her about the future.

Do not worry if plans change often; encourage the pursuit of working towards future achievements.

YOUR FAMILY AND ASSETS

Complete the checklist below about assets or resources that you see are part of your family and your teenager’s life. See how many assets you can identify that were present during the past 3 months.

During the past 3 months, my teenager...

- ◆ Spent time talking with a trustful adult besides a parent.
- ◆ Was involved in some kind of activity outside of school, such as sports, music, or art.
- ◆ Regularly made it to school on time and completed homework on time.
- ◆ Regularly reads books, newspapers, magazines etc.
- ◆ Was honest and showed respect for other people.
- ◆ Talked to me about a personal matter
- ◆ Helped out at home by doing chores
- ◆ Ate meals with the family

During the past 3 months, I...

- ◆ Told my teenager that I deeply care for him or her.
- ◆ Encouraged my teenager to have a positive outlook on life.
- ◆ Encouraged my teenager to ask me for help or advice.
- ◆ Was involved in some way with my teenager’s school, such as attending a school activity or talking to at least one of my child’s teachers.
- ◆ Expressed gratitude to my child for doing homework and taking school seriously.
- ◆ Volunteered for a community activity that helps young people.

- ◆ Talked to my teenager about the dangers of using alcohol and other drugs.
- ◆ Knew most of the time or all of the time the whereabouts of my teenager.
- ◆ Regularly gave my teenager support and encouragement.
- ◆ Talked to my teenager about staying away from peers who use drugs.
- ◆ Did something with them, for example: shopping, walking or watching sport.

That's a long list! If we do everything on the list we are probably "super parent" or telling a few untruths!

There is no "magic" number of assets for a family. But the more the better.

For the assets that you answered "yes" – keep up the good work!

See if you can make some of the other assets part of your family over the next few months.

Suggested Activity

Influences on Your Child

On your own, with members of the family, friends or with your child:-

- Make a list of all the influences that you think are on your children and their effect on how they think, feel and behave.
- List them in terms of which you feel are most important and have most impact and add what you think the impact is – positive or negative.
- Now thinking of the list of prevention-smart protections, write or discuss what you can do to encourage the positive influences and counter the negative ones.
- Discuss this exercise with your partner or friends and then with your children.



HOW DO I PROTECT MY CHILD FROM DRUGS?

Remember, teenagers do not grow up in isolation; they are influenced by all that happens around them. Family and parents remain an important influence in the lives of teens. Teachers also expect added responsibility and are asked to push student performance in increasingly complex academic subject matter.

The surrounding community views teens in different and various ways – they may be seen as a nuisance, and a challenge to some, but to others they are seen as helpful to the well-being of the community through their participation in community activities, charity organizations, events or through helping the less fortunate. Most do have a general sense of wanting to help. They love to help and feel wanted and needed. The community attitude and expectations has an effect on them.

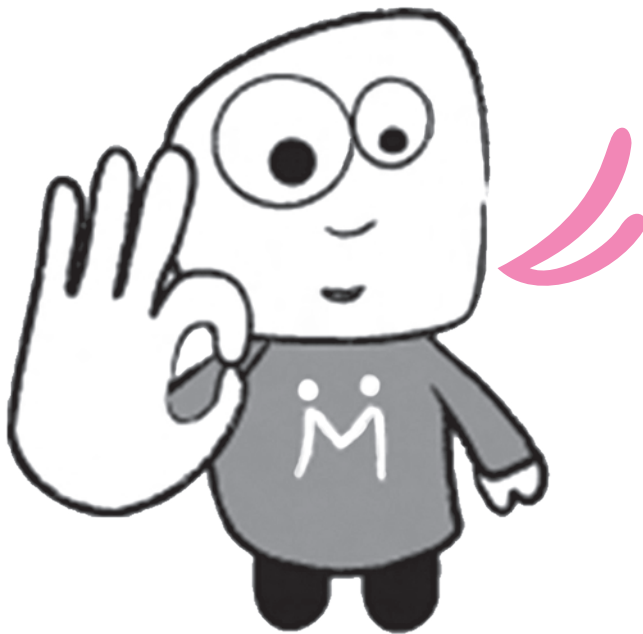
When you consider all the potential factors that influence a teen's life, it is easy to understand the importance of him or her being able to make wise and healthy choices. Most will choose well. Some will choose poorly but recover and get back on their feet, while others will choose poorly and develop a life that is caught up in risk taking. Drug and alcohol use would be such a choice if youth do not have the benefit of support from parents and family, teachers and other significant adults, and from communities. It is easy to see that prevention must become a way of life; and developing assets can offer the support teens need to make positive choices.

Chapter 7 Review

Question	Answers	Explanation
1 Youth's involvement with parents is less critical during adolescence.	False	<i>Youth continue to need adults in their lives to be present, reliable, and consistent in what they say and do. These qualities form the basis for good communication between parent and child. This strong bond between a child and his or her parent is a key tool (or asset) to helping youth deal with stresses and challenges they experience as they grow up. And parents can also help create and support many other tools or assets. Even if they appear not to take notice as they grow older they often take more notice than you think!</i>
2 Assets are resources that help youth make positive, healthy choices about drug use and life in general.	True	<i>Assets are life tools that help a person safeguard their health and safety, and allow them to achieve optimal growth and development. Think of assets as resources that give you an advantage or edge in a competition or challenging situation. Assets reside within a person, such as having a good sense of humor or being calm and showing leadership during difficult situations. Assets may be located in the environment, such as in the home where a parent pays close attention to the health and well-being of a child; or a school where teachers encourage and support students' positive efforts to achieve.</i>
3 Helping your child develop assets is expensive.	False	<i>Creating assets does not usually require lots of money. What they typically require is time and commitment, such as being a good parent when communicating with your child and being effective but caring with discipline. Assets are found in communities, churches, temples, mosques, etc., neighborhoods or communities where caring adults are supportive of youth's health and safety.</i>
4 Today's youth are more mature than past generations and do not require as much interaction with parents.	False	<i>Today's youth may have more information about the world around them and they may be physically developing faster than past generations, but a strong connection to parents is still important to the health and well-being of young people.</i>
5 Having a good sense of humor can be an asset for a teenager that helps him or her to cope and deal with stress.	True	<i>It is good lesson to teach your child that appropriate use of humor can be an effective tool to help ease stress and to cope with everyday problems.</i>

CHAPTER 8

COMMUNICATION, DISCIPLINE AND SUPPORT



Parenting Tips

Four Ways to Improve Communication with Your Teenager

1. Ask open-ended questions, such as “Tell me about your day” or “What did you and your friends do today?” These allow your teenager to tell you about events and they also require more than a one-word answer.

How to Argue Fairly

Sometimes a heated argument may occur between you and your child. Here are some guidelines to follow to help minimize the anger and hurt that can result during such intense discussions with your child.

CHAPTER 8

COMMUNICATION, DISCIPLINE AND SUPPORT

We know that PREVENTION-SMART parenting is a 24/7 activity. This chapter helps you to strengthen communication skills, and refine how you discipline your child. It aims to help you learn how to discuss drug use with your child, and how to continue the discussion as he or she grows into young adulthood.

WHAT YOU ALREADY KNOW

Mentor recognizes how hard it is to be a parent. No one gets formal schooling on how to be a parent. Many parents raise children in the same manner they were raised, while others try out different ways. Regardless of how you choose to raise your children, there are tips for parents about the sensitive subject of communicating with teenagers about drug use, and to raise issues about peer influence, and on how to best provide discipline that results in self-discipline—the desired outcome for any discipline we provide.

Many parents who say a child was easy to care for when young will tell you that talking to the same child during the teenage years can be a lot more difficult. Parents may have tried to set clear rules for behavior, but teenagers can find loopholes and exceptions to each rule, leaving parents feeling out-smarted and ineffective.

The good news about adolescence is that almost all teenagers - and parents - come out of the experience just fine. Even if you have not yet had the “drug talk” - or other important discussions with your child, you can still help prevent or delay potential drug use and other unhealthy behaviors by starting the conversation now.

Suggested Activity

Time to Talk Toolkit

There is a useful website provided by Partnership at Drug Free.org to help you with having a conversation with your child about drugs: the Time to Talk Toolkit.

The toolkit includes numerous resources and guides, including: Begin talking with your kids about the risks of drugs and alcohol, Know exactly what to say, Answer the tough question: “Did you do drugs?”

Additional resources:

Tips for caring adults involved with kids

A practical, one-sheet guide to the drug and alcohol scene.

COMMUNICATION, DISCIPLINE AND SUPPORT

Before jumping ahead to an actual conversation with your child about drug use, let’s spend a little time defining what is meant by the words “communication”, “discipline” and ‘support’, as each of these terms represents actions that parents use to shape positive behavior in their children.

A process where both parents and youth give and receive information about their ideas, feelings, and opinions.

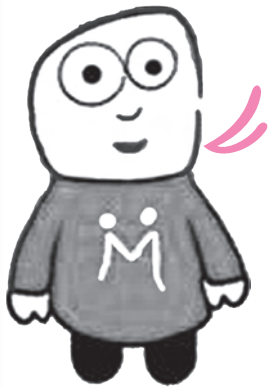
Discipline is encouraging behavior learned from infancy, through consistent repetition and sometimes rules of behaviors and activities reinforced by the parent. Examples include attending to personal hygiene, planning ahead, doing household chores and taking responsibilities. As the child develops and matures, he or she is more likely to learn that there are consequences if their behavior falls short of expectations or the standards set by the parents and by the surrounding community. The intended outcome is appropriate behavior that is undertaken by the individual of their own accord rather than it being enforced by rules or demands.

Showing love or affection, assisting and helping your child are ways that parents support their children. A child who receives this support tends to have positive self-esteem because they feel they are an important part of a group (the family). When families support each other, children tend to be better at coping with daily life stresses and challenges, as well as if a major family crisis occurs.

You might remember Chapter 6 where we discussed why youth may or may not use drugs. One of the important

ways to protect a child from using drugs is to have supportive parents.

These words are the framework for parent and child relationships, and can help keep the focus on PARTNERING with your child to guide her or him through the challenging adolescent years.



PARENTING STYLES

It is important to set rules, but there are many ways of doing this. In most situations, punishment and fear tend to work against you. When you teach a child using punishment, he or she tends to react with resentment, and to obey out of fear. There are more effective ways, or styles, to apply discipline and teach responsibility.

The style a parent or caregiver uses to set and apply family rules may differ according to the age, gender, or culture of the child, among other factors. But in general, a parenting style is the manner in which a parent demonstrates love and affection for a child, and how they limit and influence a child's behavior by using consequences. Here, we discuss four main styles of parenting that research has identified: Permissive, Authoritarian, Neglecting and

Democratic. As you will see, one of them is the desirable approach. Which best reflects your current style and which style would you like to be or would be most effective?

Permissive

- ◆ The permissive parent is responsive and shows affection and love, and is not very demanding about how the child should behave.
- ◆ A child is allowed to make his or her own choices, or self-regulate his or her behavior.
- ◆ The parent avoids confrontation with the child.
- ◆ When behavior needs disciplining, the permissive parent is unpredictable, sometimes punishes the child, but many times chooses not to punish. They often threaten "punishment" but do not carry it through.
- ◆ The unpredictable enforcement of behavior can confuse children who are still learning about rules and consequences.

Whatever you like, dear...

Research suggests that children raised in a permissive parenting style tend to be less self-assured and have lower self-esteem. They will decide on their own behavior, and are more likely to reject rules set by others.

Authoritarian

- ◆ This style is demanding on children.
- ◆ The use of harsh punishments and scolding tends to draw excessive attention to a child's mistakes or misbehavior.
- ◆ Authoritarian parents often are status-oriented, and expect their rules to be obeyed without giving any explanations or opportunities for a child to discuss the rules and consequences.

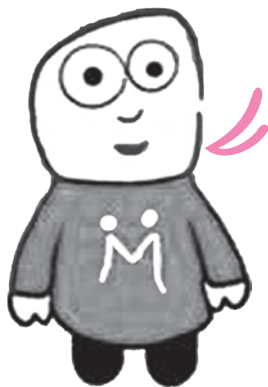
NO! Do it my way!

Children raised according to this style tend to have low self-esteem and are often described by teachers and other adults as anxious, angry, aggressive and confrontational.

Neglecting

- ◆ A neglecting type parent makes few or no demands on a child, and does not show love or affection. These parents are 'disengaged' or 'rejecting'.
- ◆ Parents have a hard time providing structure for their child, and will rarely monitor the child's behavior.
- ◆ It may appear that this parent is intentionally rejecting the child and their own parenting responsibilities.

Research shows that children raised in a neglecting family are often unable to regulate their own behavior, and may show antisocial behavior in school and the community.



Not now; I don't have time...

Democratic

- ◆ This type of parent is very loving and affectionate, observes and listens to the child's needs but does not use punishment to limit the child's behavior.
- ◆ The democratic parent can be very demanding about the child's behavior, but at the same time will respond to the child's ideas and opinions.
- ◆ Instead of punishing a child for negative behavior, this parent uses clear statements about positive behaviors they expect, and what the consequences are for negative behavior.

Let's talk about this.

Research indicates that children raised with this democratic parenting style tend to be the most competent, or 'likely to succeed' in family, school, and community environments.

Suggested Activity

What are your views about disciplining?

Mentor recognizes that parenting practices around the world vary according to cultures. So, even though some of the following information may not seem to apply to your particular family. We invite you to consider the ideas and suggestions we provide hereto help you become PREVENTION-SMART, and perhaps blend them in with the ways you parent your children.

WHAT IT ALL MEANS

None of us are perfect **PREVENTION-SMART** parents. Even if we want to be **DEMOCRATIC** in our style, we often show elements of all the styles on different occasions and for different reasons, such as the way we are feeling at the time. But the **PREVENTION-SMART** parent should reflect on their behavior and style and decide what style they feel to be most effective for the sake of the child and their future.

So it is important to notice that parents do not always use one parenting style. Individual differences, such as personality traits, family background or culture may lead them to use various styles to create their own particular style. Parenting styles can be used together or overlap even in the course of a single interaction, depending on the parent's and the child's moods, the situation in question, the nature of the concern, and the desired outcome.

Also, use of styles may change over time with regard to personal and family development (including age and specific needs of each member), and situational demands (such as family vacation, job loss, or illness). But it does seem desirable to try and aim for the democratic style as much as possible.

By being a democratic parent, and using positive communication that allows children to negotiate about rules, and consequences, parents may find that children need less monitoring and supervision. By including all members of the family in the negotiation of rules and consequences you help promote a better understanding of expectations and behavior.

Democratic does not mean "anything goes". Read the definition outline again. Children need rules and need discipline. But it is how it is shown and given and followed up that is important.

If you have a parenting partner, discuss and agree on a style so both of you will stick to the rules established. If you are a single parent who has support for child-care from other adults, make sure these adults are also aware of the rules and consequences you use so that they can be consistent. Otherwise, children may take advantage of the differences and inconsistency between parents and caring adults.

PARENTING STYLES QUIZ

Answer the following questions by clicking on the ‘True’ or ‘False’ buttons. Do you agree with our experts?

QUIZ...			
	Question	Answers	Reasoning
1	Over-protection will increase my child’s sense of security.	False	<i>Children who are overprotected usually do not know how to deal with stressful or risky situations that are not supervised. This may lead to lower self-confidence and less effective coping skills.</i>
2	Children should be allowed to do what they want.	False	<i>Lack of rules or limits tend to create as much conflict as excessive punishment. By understanding how to react to rules, children learn how to interact in society. Therefore children who are not exposed to rules or “terms” of behaviour would be left without an essential understanding of how to behave in society.</i>
3	It is reasonable to negotiate rules with your teenage child.	True	<i>Negotiating rules with a teenager leads to a better understanding of them and more compliance. This process significantly increases the young adult’s negotiation skills and appreciation of the different consequences between options. Discussing rules allows every family member involved to express his/her views. This will result in more commitment with the rules that are set. This discussion often changes a rule into a negotiated term of operation which is more likely to have the intended outcome.</i>
4	Rules and limits can be modified.	True	<i>However, do not change the rules according to mood swings. Be flexible for good reasons. For example, a rule might change as a child grows older, as he or she can handle more responsibilities and privileges.</i>

NEGOTIATING RULES OR TERMS WITH YOUR CHILD

The following suggestions might help you to establish clearly negotiated rules with your teenager:

- ◆ In conversations, promote listening between adults and children. Allow children to ask questions.
- ◆ Make sure that everyone understands what is expected of them. Be specific about behaviors.
- ◆ Identify precisely what can and cannot be done.
- ◆ Clearly explain and apply consequences for breaking rules in the same manner to every child whenever they are broken.

This is my view on yelling at your little brother, now let me hear your view and reasons why you do it!

Four Ways to Improve Communication with Your Teenager

1. Ask open-ended questions, such as “Tell me about your day” or “What did you and your friends do today?” These allow your teenager to tell you about events and they also require more than a one-word answer.

Suggested Activity

EFFECTIVE COMMUNICATION

Practice speaking with effective communication skills. Practice what you want to say. Use sentences that start with the words “I think...”, “I feel...” or “I want...”, instead of “You should...” or “You must...”.

Here are a few examples. Instead of: “You should listen to me so I wouldn’t have to yell at you!” Try:

I want you to listen to me when I am speaking, and I will listen when you talk. That way we will communicate better.

Instead of: “Stop hanging out with your friends who smoke!” Try:

I do not want you to smoke, and when you are with your friends who smoke, I worry that you are influenced by them to smoke too.

The GOOD NEWS is that when a child is effectively disciplined, it is more likely that she or he will be:

- **Responsible:** He or she understands the effort required to accomplish something.
- **Persistent:** He or she finishes what he or she starts.
- **Organized:** He or she identifies and plans goals effectively.
- **Self-Disciplined:** He or she is able to accomplish all of the above on his or her own initiative and understanding of guidelines/rules.

How to Argue Fairly

Sometimes a heated argument may occur between you and your child. Here are some guidelines to follow to help minimize the anger and hurt that can result during such intense discussions with your child.

BEING AT THE SWEET SPOT OF PREVENTION-SMART PARENTING

Over time, parents tend to find out that it’s best to help their children understand the consequences of their actions through communication and negotiation strategies. Negotiation leads to responsible actions, hence less need for supervision. Building rules and terms of behavior together promotes better communication between family members.

COMMUNICATING ABOUT DRUG USE

Next we discuss the keys to effective communication about drugs with your children. There are no “one size fits all” methods when it comes to successfully communicating with your child. But one of the most important considerations when discussing drugs is the age of your child. Over the next two pages we discuss how to adjust your approach and what you talk about to match your child’s age.

TALKING TO CHILDREN UNDER AGE 12

How to approach your child

Children will probably not benefit much from having a discussion about why drugs are bad unless it occurs in a context they understand. Bringing them up to consider their health, safety and well-being, and that of others, is the best context for talking about drugs as they grow older. Bring up the topic of drugs when relevant everyday events occur: family parties where alcohol is consumed; someone in public view is abusing drugs; someone is smoking in public; situations that involve potentially dangerous household products at home.

In addition, parents must talk about drugs that are not “bad”, such as over-the-counter medicines and prescription

drugs, but which can have serious negative or harmful consequences if used incorrectly, i.e., abused. For example, when children need to take cough syrup, or pain relievers such as aspirin, it is important for them to know that a trusted adult should always be present. And when drugs are prescribed by a doctor, the only person allowed to use the drugs is the one who was seen by the doctor. Prescription drugs should never be shared, even with someone who appears to have the same symptoms or type of illness.

What to say

There is no set speech. When the time or situation allows you can clearly state the dangers of drinking too much, smoking or any use of tobacco, taking medicines when not needed, or swallowing or sniffing household products. Convey messages of “no drug use,” and responsible use of medicines and prescription drugs. Remind your child that you want them to be healthy as possible, and that using drugs is not always safe. Reference to illegal drugs may not be appropriate for the younger person. You have to decide on “readiness” and timing.

Here are some examples of what to say:

Your body and brain are still developing and drugs can harm that.

Drugs might make you feel good for a few minutes, but that feeling won't last long. What takes over can become very harmful and worrying and cause you harm both now and in the future.

What you can do

Be responsible with your own drug use.

- ◆ Do not use tobacco products if possible
- ◆ However, if you do smoke it is even more important to talk to your children about the harmful effects of smoking. Children of parents that smoke are more likely to try smoking themselves than children of non-smokers. Here are a few tips to broach and discuss the subject:
 - ❖ Start at the beginning. Explain why you started. Your friends smoked. You thought it was “cool.” You thought you could quit at any time. You didn't know it was addictive.
 - ❖ Talk about what it's like to be addicted and share what it's been like trying to quit.
 - ❖ Show that you think smoking isn't healthy. Smoke outside at home and ask others to do the same.
- ◆ Do not use illicit drugs.
- ◆ If you drink, limit it. Never get intoxicated in front of your children.
- ◆ If you take medicine prescribed by a doctor, use them as prescribed. And explain to your child that some drugs are good medicine when used for a medical problem and when monitored by a doctor.

As best as you can, apply these same rules to all adults who are in your home or who spend time around your children.

ADAPTED FROM AADAC'S Prevention Tips.

Suggested Activity

Practice Scenario

Now that you have some background information about effective ways to communicate with children and young adults, you and your child are invited to go through the various scenarios presented below. These scenarios will help you better understand effective communication and allow you to practice your communication skills.

Child younger than 12-years-old

Scenario 1:

Michael (age 8) is currently learning in school about how drinking alcohol may harm people's health. While riding in the car with his Dad, they stop at a gas station, where Michael sees a young woman standing in front of the station drinking a beer. He comments on it to his Dad. How should Michael's Dad react to this situation?

TALKING TO CHILDREN AGE 12 AND OLDER

Effective communication with teenagers can take time and often parents may feel that they have to repeat themselves. However, teenagers very often want their parents to be involved in their lives; they want to talk with parents and discuss issues and want approval from you. Sure, sometimes they will react with defensiveness, defiance, and accusations of “YOU DON’T KNOW ANYTHING”, or “YOU DON’T UNDERSTAND”. But hang in there with your child.

Express to your child the need to talk about the issue of drugs. Ask him or her to decide when and where. Try to settle on a time that is best for both of you, but be firm on the need to have a meeting in the very near future. It is always best to find the time when it is on the agenda from some event, TV show or has been raised in some other context.

What to say

Thank your child for his/her willingness to talk, even if it is obvious that he or she was just talking because you firmly requested a conversation. Try listening; don’t rush on making judgments. Your child may have a point, even if you disagree with it. Avoid doing all the talking; make statements that require more than YES or NO answers.

- ◆ Openers. To get the conversation going, begin with statements that get your teenager to start talking about the topic.

I heard there was a drug problem in school this week. Tell me a little more about what your friends are saying about drugs.

Did you see that article in the paper about a person your age being in trouble with drugs? What is your view on drugs?

There are a lot of messages in the media about drinking and using drugs. What do think of these messages?

- ◆ You are concerned. Remind your child that you care about his or her health, and that you would be disappointed if he or she were to use drugs.

I care about you and your safety.

It would hurt me greatly if you drank alcohol or used other drugs because...

Smoking or chewing tobacco is a bad habit and it can easily lead to becoming addicted to nicotine.

If you feel that you need to use drugs because you do not like the way your life is going or because you are hurting inside, come to me so we can talk. I will help you get real help.

- ◆ Do not follow the drug crowd. Emphasize that you appreciate that there may be pressures to use from friends, at parties, in all kinds of social situations. Review with him or her how to handle these pressures.

It’s okay to tell your friends you do not want to use. Just say: ‘I am fine not using.’

You can always say: ‘If I get caught my parents will come down hard on me.’

Or you can say: ‘I will be the designated driver.’

Let’s think of some strategies we can use when you are offered drugs or when booze is around...

Suggested Activity

Practice Scenario: Child older than 12-years-old

Scenario 2:

Karina (age 15) spent the night at a friend’s house. At home the next day, Grandmother notices that Karina’s jacket smells like cigarettes, then finds a pack of cigarettes in the jacket pocket. What should Karina’s grandmother do?

QUIZ...

WHAT WOULD YOU DO?

Consider these scenarios to get an idea of your communication approach as a parent.

	Scenarios	Communication approach	Remark
1	You are overwhelmed at work and might have to stay late at the office. Yesterday, you promised your son that you would attend his football match. You decide to:-	1. Call your son and apologize for not being able to make it.	
		2. Put your work off until the next day, and attend the match.	
		3. Stay at work, and buy your son a present on the way home.	
2	The rooms of your house were repainted a week ago. When you get home from work, your 5-year old is excited to show you his creation: He has scribbled pictures on the bedroom walls. You:-	1. Yell at him for drawing on the freshly painted wall.	
		2. Turn around and say nothing.	
		3. Acknowledge what he has done. ("I see you have scribbled on the wall".) Tell him that he should not scribble on walls, but can use paper instead. Show him where to find paper for scribbling.	
3	It's Saturday night. You and your son have to attend a party planned by co-workers. As you get ready, you realize your son is wearing his dirty sport shoes. You ask him to change, but he refuses and runs to his room crying. You decide to:-	1. Demand that he change into other shoes before you leave the house.	
		2. Ignore his shoes and let him wear them to the party.	
		3. Remind him this is a special occasion. Suggest wearing clean shoes, but bring the old shoes in a bag in case there is a game of football.	
4	Your child's last report card showed very low grades. You schedule daily study time from 6pm to 8pm to catch up. One night she asks if she can go to a movie with school mates. You decide to:-	1. Talk about her recent grades and remind her why this has happened. You ask her to think about it while she stays home and studies.	
		2. Consider letting her go to the movies might be taken as a good incentive to bring her grades up.	
		3. Say no, and don't explain because she knows exactly what needs to be done on school nights.	

Suggested Activity

Practice Scenario: Child older than 12-years-old

Discuss these questions and your responses with your family, friends – and your children to find out what they feel about your response and what they feel would be the best response – and why.

Add the following situations for discussion together:

- You realize that your child has been to a party where they got drunk and smoked cigarettes. How do you deal with this?
- You know your child is mixing with people who are involved in drug use. How do you approach this?
- Your child has joined a “legalize cannabis” group. How do you deal with this when you sit down to discuss this with them?

COMMUNICATION, DISCIPLINE, AND SUPPORT

This chapter has been about how to help the prevention smart parent communicate with their children in a way that shows appropriate discipline and support to help the child grow as a healthy, self-disciplined person who will take notice of his/her parents views – views the child wants and needs in spite of that not always appearing to be the case.

Good communication, a parenting style that shows appropriate care and discipline (democratic style – remember?) and which offers care and support are essential to young people growing up to be able to make their own positive and healthy decisions about life generally and drug use specifically. It offers some ideas on how to approach talking (and listening) to your children about drugs and drug related matters.

Reflect on:

- ◆ Your parenting style
- ◆ The way you show support to your children
- ◆ The way you communicate with your child
- ◆ If and how you discuss issues relating to health and drugs.

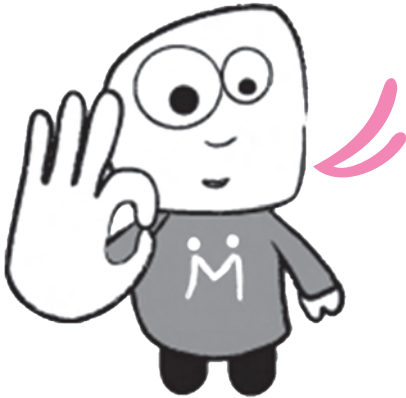
Try and identify where you need help – or practice!

Chapter 8: Review

Question	Answers	Explanation	
1	How you behave in front of your child is just as important as what you say to your child about drug use.	True	<i>Modeling good behavior by how you act in front of your child is an important teaching tool, just as is the case for the importance of what you say to your child. Your own behavior and the things you talk to your child about are two very important teaching tools for parents. "Do as I say but not as I do" causes a real problem for children!</i>
2	Most teenagers probably expect that their parents are going to talk to them about the dangers of drugs, even though it is common for them to show displeasure about discussing it.	True	<i>Experts say that the majority of adolescents assume that their parents will talk to them about drug misuse, as well as other health issues such as early sexual behavior. And it is normal for teenagers to show outward signs of being somewhat uncomfortable during such conversations. But do not let this stop you from having the important discussions about the dangers of drug use or of any health and safety issue.</i>
3	If a parent used drugs as a teenager, they are not the one who should give the drug talk to their child.	False	<i>Whether you used drugs or not as a teenager, you need to discuss drugs with your child. Follow the steps we discuss in this chapter to guide you with what to say and when to say it.</i>
4	Children who start using drugs at an early age are more likely to continue using, to use more potent drugs, or to develop a pattern of drug abuse.	True	<i>Research says that early use by a child, such as before the child is age 12 or during the very early teenager years, is a risk factor for continued and problematic use. That is why it is so important to talk to your child about the harm associated with using drugs before he or she is a teenager.</i>
5	The chapter discussed several parenting styles, but only one of them is desired – the Democratic style.	True	<i>The four parenting styles discussed in the chapter are these: Permissive, Authoritarian, Neglecting and the optimal one - Democratic. The Democratic approach is very loving and affectionate, favors observing and listening to the child's needs, and manages the child's behavior with fair application of rewards and consequences.</i>

CHAPTER 9

DOES MEDIA MAKE A DIFFERENCE?



Parenting Tips

Decision Making

To learn more about how media influences teenagers' decisions to smoke or not, watch this 30-second video from a scientist in the United States, **James D. Sargent, MD**.

Dr Sargent has studied the influence of the media on smoking behavior in youth. His research has shown that when an adolescent sees a lot of movies where the actors are smoking, the adolescent is more likely to start smoking.

Be Internet Smart

Consider the following things you may want to do or try.

- Limit your child's access to the internet for recreational use by setting time limits for gaming and chatting.
- Be cautious about allowing your child access to the internet in their bedroom or when you are not home.
- Encourage using the internet together; explain some of the more negative content

For more resources about the media and ratings:

- Media Awareness Network
- Parental Media Guide
- RIAA - Parental Advisory for information about the parental advisory ratings and music labels from the Recording Industry Association

Learn how to set parental controls on your child's iTunes at Apple's website.

CHAPTER 9

DOES MEDIA MAKE A DIFFERENCE?

Advertisers spend lots of money to influence youth. Protect your child by teaching him or her to be smart about how the media may encourage unhealthy attitudes and behaviors about drug use.

Children are exposed to media influences every day; designs on food packages, milk cartons or cereal boxes. On the way to school they see billboards advertising everything from French fries to political candidates. At school they might see backpacks and clothes with designer logos, or images from tobacco or alcohol brands. Friends discuss TV programs, movies, video games, or songs with controversial lyrics.

Research tells us that children are influenced both negatively and positively by media they are exposed to. Advertising is everywhere, and when you stop to think about it, you may find yourself realizing how vulnerable everybody is to the media's reach. For example, the tobacco industry has done a powerful job of using media to influence people's attitudes about smoking. Research provides strong evidence that simply viewing smoking in movies promotes a desire to start smoking among adolescents.

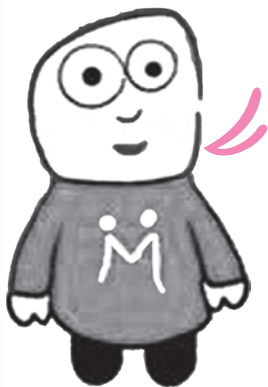
In some countries the media are used to educate people about the dangers of smoking. This chapter looks at the ways media may influence your child, then suggests ways you can reduce its influence on your child's behavior.

QUIZ...

MY CHILD AND THE MEDIA

Take this survey about media awareness. The term 'media' refers to the TV, the internet, movies, magazines, radio, song lyrics, and all advertising sources, including billboard advertisements.

	Question	Answer	Remark
1	I know how much TV my child watches daily. (Yes / No / Partially)	YES or PARTIALLY	
2	I talk to my youth about the internet sites.	YES or PARTIALLY	
3	I know what kind of music my child listens to:	YES or PARTIALLY	
4	I know which TV shows and movies my child watches.	YES or PARTIALLY	
5	I have set limits on how much time my child may use the internet.	YES or PARTIALLY	
6	My child is not allowed to wear clothing that contains advertisements of tobacco or alcohol.	YES or PARTIALLY	
7	I am aware that in my city/country, tobacco and alcohol companies advertise their products. I have taken time to discuss this with my teenager.	YES or PARTIALLY	



Answering YES or PARTIALLY shows areas where you are media sensitive, and realize the impact that media can have on your child.

Learn more about the media and how it can influence children's attitudes about drugs by reading the rest of this chapter. Remember. By 'drugs' we mean illicit drugs, as well as alcohol and tobacco, and misused prescription drugs.

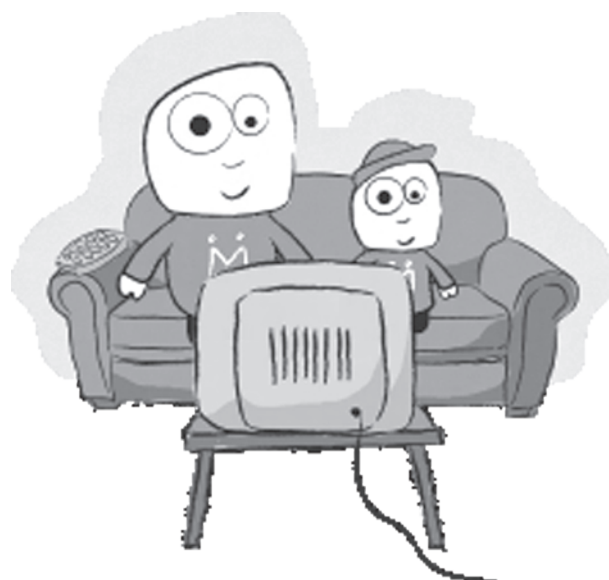
TYPES OF MEDIA:

Media is a strong social and cultural influence

Listed over the next few pages are the most common types of media used to advertise alcohol, tobacco and other drugs and a brief description of each.

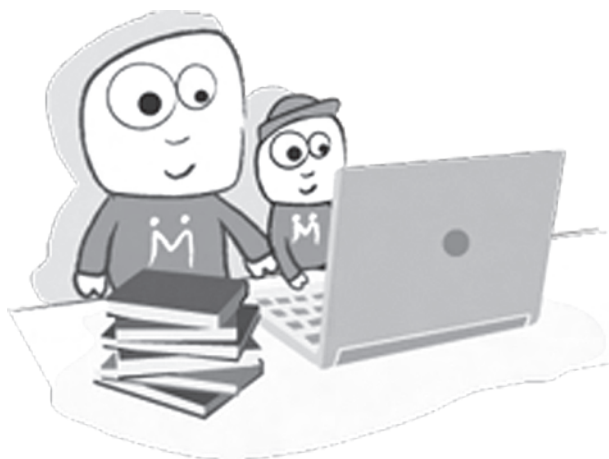
Television

Youth who watch television can be exposed to alcohol - and in some countries cigarette - advertising, that may occur at all times of the day and evening. Regardless of the network or time of day, advertisements and programs containing promotion of drugs and drug use are common. Remember, youth who watch people smoking on television are strongly influenced by these images and are more likely to start smoking.



INTERNET

Youth have access to the World Wide Web without restrictions and are able to view many types of advertising and images that promote the use of alcohol, tobacco, and other drugs. Using the internet they obtain information (which may or may not be accurate), shop, communicate or be entertained exposes the youth to countless advertisements and images about drug use. And many youth may spend more time logged-on than they do engage in other activities during their working hours.



PRINT

Magazines, billboards, newspapers, posters, contests, clothing and other posted advertisements that contain images promoting use of alcohol and tobacco are widespread media formats that youth are exposed to daily, both intentionally and unintentionally. For example, alcohol and tobacco advertising is placed in all over the country; in supermarkets, retail shops, public places(theater, games and sports stadiums, taxi park)and petrol stations because these are places where adults purchase them. Whether or not you use alcohol and or tobacco, your child is exposed to this type of advertising when they see these messages.

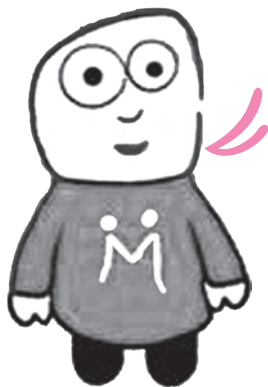
RADIO AND MUSIC

Youth may be exposed to radio advertisements for alcohol and tobacco products and song lyrics that encourage use of drugs. There are very many music CDs, DVDs which are easily accessible and available to youth on the streets, music piracy shops and these encourage the youth's engagement in Music downloads have become available online for no or low cost. Purchase of explicit lyrics recordings does not require proof of age or parental approval.

MEDIA AND ITS INFLUENCE

The media provides healthy messages that can influence youth to not use drugs. But the media also provides a way for the alcohol and tobacco industries to entice young people to use their products by using multiple strategies. The following section discusses how the media can affect a young person's perception about drug use.

QUIZ...				
ASK YOURSELF AND LEARN THE FACTS				
	Question	Possible answers	Tick	Correct answer
1	Teenagers who have never smoked but have been exposed to tobacco advertising are how many times more likely to say that they might soon try a cigarette soon compared to youth not exposed to tobacco marketing?	0 times more likely	<input type="checkbox"/>	<i>The correct answer is: 3 times more likely.</i>
		2 times more likely	<input type="checkbox"/>	
		3 times more likely	<input type="checkbox"/>	
		5 times more likely	<input type="checkbox"/>	
2	What percentage of adult smokers started their habit at or before the age 18 (which makes youth an essential market for tobacco advertisers)?	25%	<input type="checkbox"/>	<i>The correct answer is: 90%.</i>
		75%	<input type="checkbox"/>	
		90%	<input type="checkbox"/>	
3	At what age can children start to recognize alcohol brand logos?	3 years old	<input type="checkbox"/>	<i>The correct answer is: 3 years-old.</i>
		7 years old	<input type="checkbox"/>	
		12 years old	<input type="checkbox"/>	



Keep in mind:

This means that even at a very young age, children remember and associate with commercials that promote alcoholic brand names.

The reality is that this research shows the trend and impact of advertising on all our children.

TELEVISION AND MOVIES

Television advertising is designed to change attitudes about drinking. Young people report more positive feelings about drinking and their own likelihood to drink after viewing alcohol ads, or seeing actors drink onscreen. Also, research provides strong evidence that viewing smoking in movies promotes smoking initiation among adolescents. What teenagers see on TV or in the movies does influence their decisions about drug use.

LEARN THE FACTS:

We present some facts based on research by the United States Office of National Drug Control Policy about popular movies, many of which are seen all over the world. The facts are based on studies in westernized countries, but they are most likely true in all countries where media is easily accessed and offered. Test your knowledge of movies' influence on youthful audiences.

	Question	Correct Answers
1	<p>The US Office of National Drug Control Policy- Substance Use in Popular Movies and Music study found that how many movies were “substance free?”</p> <p>Only 5 of the 200 movies reviewed had no portrayal of drug use. Illegal drugs appeared in 22 percent of the movies, tobacco in 89 percent, alcohol in 93 percent, and other legal drugs (prescription or over-the-counter medicines) in 29 percent.</p>	FEW MOVIES
2	<p>Approximately what proportion of the movies reviewed depicted one or more negative consequence of drug use?</p>	ABOUT 50%
3	<p>Which of the following drugs was used by actors in most movies rated G, and PG and nearly all of the PG-13 and R-rated movies: Tobacco, alcohol or marijuana?</p> <p>Alcohol was used by actors in 76 percent of G or PG movies, and in nearly all PG-13 and R-rated movies.</p>	ALCOHOL
<p>SOURCE: Media Campaign: OFFICE OF NATIONAL DRUG CONTROL POLICY - SUBSTANCE USE IN POPULAR MOVIES AND MUSIC.</p>		

Suggested Activity

Monitor what your child watches when you are home

Choose a few times over the next week, preferably during the evening, when you can watch at least an hour of TV with your child.

INTERNET

Some adolescents in the towns and cities are comfortable using the Internet than any age group. They have grown up with this new technology and are very comfortable using it. They use it for receiving and sending e-mail, downloading music, listening to music, visiting chat rooms, social net works(face book, twitter, skype) and playing games.

Some facts:

- ◆ It is estimated that about 75 percent of teenagers use the Internet on a regular basis.
- ◆ Adolescent’s who use the internet are exposed to persuasive alcohol and tobacco marketing over 17 times more than those who do not use the Internet.
- ◆ Alcoholic beverage companies have created over one hundred internet websites to advertise and promote their products. And many of them have a strong appeal to youth as they include interactive games and contests that offer prizes.

Some Internet drug sites may even encourage drug use. Some go so far as to glorify drug use as a harmless recreational activity, or as a means to expand brain power.

And the Internet may be a source of drugs. It may be as easy to buy many types of illicit drugs online as it is to purchase a book or CD. These drugs include powerful pain killers and “date rape” drugs.

Be Internet Smart

Consider the following things you may want to do or try.

- ◆ Limit your child’s access to the internet for recreational use by setting time limits for gaming and chatting.
- ◆ Be cautious about allowing your child access to the internet in their bedroom or when you are not home.
- ◆ Encourage using the internet together; explain some of the more negative content
- ◆ Block drug sites on the internet in public cafes

Suggested Activity

So how easy is it to buy drugs on the Internet?

You may want to do this activity with your child - please choose one of the three options:

MUSIC

Youth from even young ages can easily access music through Internet purchase, mobile phone companies, and CDs. Without parental/caregiver restrictions and communication about lyrics that promote drug use, children are at risk for being negatively influenced by these kinds of messages.

Some Facts:

According to the Office of National Drug Control Policy- Substance Use in Popular Movies and Music:

- ◆ About 24% of the 1000 songs surveyed contained a direct reference to alcohol, tobacco, or illegal drugs.
- ◆ Illegal drugs appeared in 18 percent of the 1,000 songs in the sample, alcohol in 17 percent, and tobacco in 3 percent.
- ◆ Marijuana/Cannabis was by far the most common reference to an illicit drug.

SOURCE: Office Of National Drug Control Policy - Substance Use in Popular Movies and Music

Suggested Activity

Drugs in lyrics

Popular songs that youth listen to daily have lyrics that promote and encourage the use of drugs. Do an internet search and identify 5 artists with explicit lyrics promoting drugs use. Try using the following search phrase: "popular music containing lyrics with alcohol references."

There are also many sites that rate movies, video games, and music, for example Common Sense Media

PRINT

Tobacco companies sponsor sports to reach a large number of youth people with their advertisements. They also give away merchandise and promotional items such as hats, bandanas, beabs, t-shirts, and backpacks with their logos to promote their products.

Some facts:

One study in California found that about 15% of retail outlets display cigarettes right next to candy. That number may be even greater in other countries.

- ◆ Food mini-markets and stores often display tobacco and alcohol advertising and promotions where youth frequently visit.
- ◆ In many countries there are strict limits on the advertising of tobacco on TV, radio or in magazines. The most popular marketing technique used by tobacco companies is billboard advertising.

WHAT CAN PREVENTION-SMART PARENTS DO?

There are lots of things you might want to consider doing as a parent to reduce your child's exposure to messages that may promote drug use.

Take a look at the list we've made below. You may find you are already doing many of these already. We also suggest that you review these suggestions and discuss with your partner and your child which ones are the most important and realistic for your home.

1. **Monitor what your child watches** - Many televisions offer parental control options. Discussing this protection action with your child will communicate how important the issue of negative advertising is to you and the whole family.

2. **Limit the time your child watches TV** - Watching television for more than 1-2 hours a day might be excessive.
3. **Set guidelines for what your child watches** - Let your child help you set the guidelines for appropriate use.
4. **Avoid using the television as a babysitter** - Try to have your child involved in an activity other than watching television when you are busy.
5. **Keep TV out of children's bedrooms** - You are not able to monitor what your child watches as easily.
6. **Talk to your child about what they are watching** - Take time to discuss drug use portrayed in TV/movies. Tell your child how you would feel if they used drugs.
7. **Don't watch TV during meals** - Eating together as a family on a regular basis is a protective factor for your family. Giving each other your full attention without the distraction of the television is important.
8. **Don't make the TV the focal point of the room** - Draw importance away from the TV by making another piece of furniture or painting the focus of the room.
9. Watch television together as a family.
10. Similar to television use, set guidelines with your child on appropriate use of the internet.
11. **Frequently check the search history to know what sites your child is visiting** - See the sidebar earlier in this chapter with info on how to do this.
12. **Limit the time your child spends on the internet** - 30-minute intervals once or twice daily are sufficient unless your child is doing research for school.
13. **Don't allow your child to use identifying information such as their real name or address online** - If they want to purchase a product online, they should have your permission.
14. Don't allow your child to engage in chat conversations that include adults or youth much older than them.
15. **Learn about what artists your child listens to** - Go through the music your child listens to together and discuss what is appropriate.
16. **Set guidelines on what your child can purchase** - This helps to limit your child's exposure to negative lyrics.
17. Help your child purchase what is best for them according to their age.
18. **Ask your child what they think about drug use promotion in music** - Talk with your child about the lyrics and ask them what they think.
19. **Limit your child's use of electronics** - (Mp3 players, CD players, radio, etc.) If your child watches TV, listens to CDs and is on the internet, on a daily basis, time limits promote your child to be involved in alternative activities.

Suggested Activity

Tobacco and Alcohol Advertising

Here are a couple of ideas to get you and your kids thinking about their exposure to tobacco and alcohol adverts.

Option 1:

Next time you are at the gasoline station or store, take notice of the tobacco and alcohol advertisements. How many can you count? Where are the ads placed? Are the ads close to the candy, snacks, or magazines? Are there sales, discounts, or prizes that are being advertised for certain brands? In contrast, are there any postings about the dangers of smoking or consuming alcohol, if so how many are there? Take time to observe the cashier and the customers. Are there young looking adults that are purchasing alcohol or tobacco without their age being verified (carded)?

Option 2:

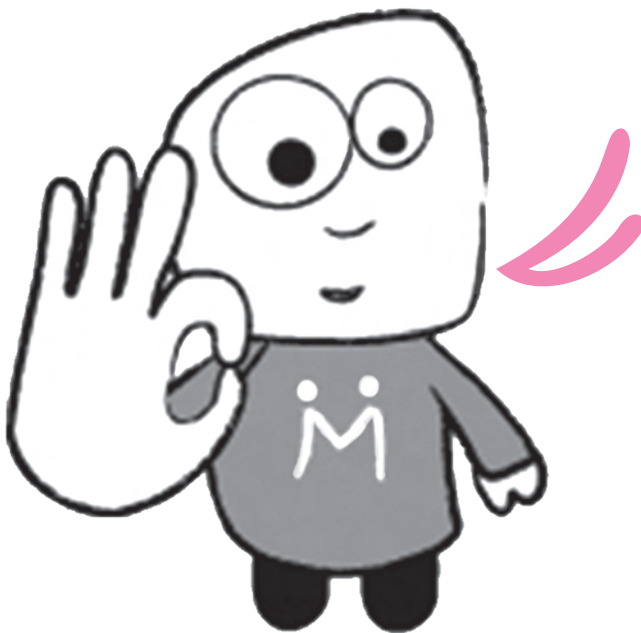
Tobacco and alcohol companies pay a lot of money to have billboard advertisements. Next time you are on the road, observe the number of billboard campaigns you can see that advertise alcohol or tobacco. If you are walking or taking public transportation, do you notice people wearing clothing (hats/t-shirts) that advertise alcohol and tobacco? Do the ads seem appealing to only adults or do they also appeal to youth?

Chapter 9: Review

	Question	Answers	Explanation
1	Viewing cigarette smoking in movies can be a strong influence on youth to try smoking.	True	<i>Research has shown that among the factors that influence the decision to smoke by teenagers is how much he or she sees people smoke in movies and on TV shows.</i>
2	Helping your child become “media smart” can help prevent him or her from using drugs.	True	<i>The chapter describes several ways you as a parent can teach your child to become more sensitive about messages in the media that may promote drug use. Examples include talking about messages that you see with him or her while watching a TV show, and educating your child that news reports of the drug problems of pop stars does not glorify or endorse the drug use.</i>
3	Tobacco companies and the alcohol industry do not advertise to youth.	False	<i>There are numerous examples in which marketing campaigns or strategies used by these industries include features that are appealing to young people.</i>
4	The media does a good job of sending positive messages to youth about preventing drug misuse and making healthy choices.	False	<i>There are exceptions, but it is the rule that the main stream media does not place all that high a priority on developing and airing drug prevention messages to young people.</i>
5	Children are able to recognize alcohol brands by the age of three years.	True	<i>Scientific studies indicate that alcohol brands can be correctly recognized as young as three-years-old.</i>

CHAPTER **10**

WHAT TO DO IF MY TEENAGER IS USING DRUGS



Parenting Tips

Positive Messages

“It may seem that everyone is using drugs, but that is not true. My concern for you is that your drug use may have serious consequences”.

“Learning how to deal with drugs and alcohol is part of growing up. We will have this conversation many times, and you will hear it in other places.”

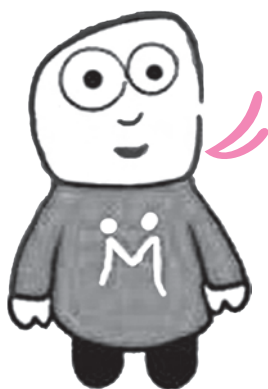
“This experience is an opportunity to bring out strengths and emphasize your differences/uniqueness as an individual”.

CHAPTER 10

WHAT TO DO IF MY TEENAGER IS USING DRUGS

Parents have the most important and powerful influence on a teenager's health habits and you play an important role when it comes to steering your teenager to get professional help if that is needed. The influence of a parent occurs not only in what you say as a parent but also in how you behave. In this light, it is important for PREVENTION-SMART parents to show a positive example, which is one of the most powerful forms of communicating with adolescents.

Remember, the number one task of teenagers is to make parents doubt themselves!



MY TEEN USES DRUGS: WHAT DO I DO NOW?

Finding out that your child is using or experimenting with drugs is an unwelcome discovery for parents. Confronting your child about his or her drug use is an uncomfortable and difficult event. This chapter will help PREVENTION-SMART parents respond to this challenge in a way that shows you care enough to have this difficult conversation, and lets a child know you will be there to support them in making alternative choices.

DO I REALLY NEED TO CONFRONT MY CHILD?

Parents need to talk to children about their drug use. Children who start using drugs at an early age are more likely to continue using, to use other more potent drugs, and to develop problems with their drug use. Recognizing your own uncomfortable feelings about confronting your child may actually help you understand some of what your child may be thinking when you have this conversation. Remember that youth rely on parents or caregivers to keep them safe, even when their behavior suggests they don't need you for that any more.

Some parents may feel reluctant to confront a child about drug use. Here are some of the reasons from a parent's point of view:

- ◆ I took drugs when I was young, and it didn't seem to hurt me.
- ◆ Adolescents need to experiment to find out what life is all about.
- ◆ Everyone is doing it, and I don't want my child to be isolated.
- ◆ What if I'm wrong about my child's drug use? My child will be angry, and our relationship will break down.
- ◆ I am not a very good parent and this will be very hard for me to do.
- ◆ I don't know how to start this conversation.

PREPARING TO DISCUSS

Just as you would plan for a meeting with other adults, such as a business meeting or a talk with your friends, you need to prepare yourself for this conversation. Take the time to think about providing the best time and place for the talk, and who will be present. And though it may be easier to delay the conversation, try to have it as soon as possible.

Practice what you will say beforehand. Think back to your own experiences in adolescence. You probably experienced various issues including relationships with other people, boredom, and had questions about sexuality. Perhaps you used drugs when you were young. These memories may provide a reminder that drug use can represent a way for a young person to deal with many of the same stresses you experienced. This may help you phrase things, and to offer useful alternative solutions to your child.

HOW TO HAVE THE TALK

Remember, this situation is one of life's challenges and also an opportunity for both parent and teen to grow and develop skills and ways to cope with problems and stress together. We are all faced with choices that we have to make in our lives, and it is important to make the best choice possible, not only for the present but also for the future.

10 steps to focus the conversation and keep it positive

1. Find a special time to talk.

Don't surprise your child by adding this on to a different conversation. At home? In the car? While out shopping? The place to have the conversation depends on the parent or caregiver, the child, and home environment.

2. Be united.

Perhaps arrange to have another adult, parent, spouse, or caregiver present. Make sure that you both give the same message.

Positive Messages

"It may seem that everyone is using drugs, but that is not true. My concern for you is that your drug use may have serious consequences."

"Learning how to deal with drugs and alcohol is part of growing up. We will have this conversation many times, and you will hear it in other places."

"This experience is an opportunity to bring out strengths and emphasize your differences/uniqueness as an individual."

3. Start the conversation with positive messages.

Reflect your care and concern for them. Use words such as 'love, caring, concern, strengths, reality'. For example:

I love you and I am concerned that you may be using drugs.

Can I share my problem with you? I am anxious because I think you may be using... and that really concerns me because I know the harm this could cause now and in the future. Can we discuss it together please?

4. You are there to help

Give the message that you are 'here to help', and that your son or daughter can come to you at anytime. Here is a good way to say this:

I will do whatever I can, and if I do not know what to do I will try to find help. My reasons are for your happiness and success and because I care and I love you.

5. Try as much as possible to be calm.

Your teen may offer excuses or place blame on you or your parenting. This is normal, but it can make you feel defensive. Do not make excuses that this problem is your fault. Remember that the focus is on your teenager, not you. You might add that if it is seen as to do with you that you want to understand it and try to ensure you don't repeat your mistakes again.

6. Be specific about your concerns and observations.

Stick to facts when you talk with you child. Finding drugs, noticing behavior change, getting reports from friends, peer groups, teachers, etc, are facts that are difficult for your teenager to dismiss.

7. Indicate it's your 'job'.

Indicate that as a parent it is your 'job' to keep him or her away from danger; and alcohol and other drugs can be dangerous. Here are some statements that can apply. You may want to be specific about the drug in question:

Drugs can hurt your brain. Your developing brain can be damaged by exposing it to drugs.

It is hard to make good decisions when you are on drugs. You might put yourself in an unsafe situation and not be at your best to protect yourself.

8. Do not rush

Allow your child to respond and encourage them to offer their point of view. Sometimes there may be long silences after you say something. When you stay relaxed, allowing silent time to pass before saying something new, you are letting your child know that this conversation requires his input, and is not just a one-sided scolding and warning from you.

9. Practice what you are going to say.

- ❖ Talk to your reflection in the mirror, practice to a spouse, to a friend. Be sincere in saying it.
- ❖ Always be truthful. If you used drugs during your teenager years, do not hide this. Emphasize that you regret it and that it did not make you a better person.

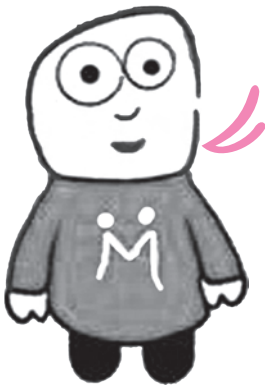
10. Be prepared for negative emotions from you teenager.

- ❖ Expect denial and anger. Your teenager might try to change the conversation to what you did when you were his/her age. Remember that this is a conversation about your child, not you.
- ❖ Be prepared that your child's anger may reflect that he or she is 'hurt' about not living up to your expectation, or that you would think that he or she is a failure because they took drugs. The anger may also reflect that he or she is scared about what the consequences are going to be.
- ❖ Remember that by staying calm and avoid rushing into doing most of the talking, the focus of the conversation needs to emphasize your child's responsibility in decisions about drug use.
- ❖ Clarify your role as a resource for making healthy choices, and not as his reason for using drugs.

DO NOT BE AFRAID TO ACT

This problem will not go away. If you do not confront your teenager about using drugs you may be giving a message that it is OK to use them, or that you just do not care.

- ◆ Reflect on the drugs available in your home, including medicines and alcohol, and decide how available or readily accessible they should be.
- ◆ Perhaps you have access to the Internet in the home. Consider how best to monitor its use by your child, since sometimes youth will use the Internet to order drugs.
- ◆ You may want to check with other parents when your teenager goes to their place for a party or event where drugs could be available. Depending on the age of your child consider the issue of adult supervision and how you can make sensitive checks on their behavior.
- ◆ Make sure your teenager shares with you where he or she will be, and what they will be doing. Set specific and if possible negotiated rules, and stick to them, about the time at night that your teenager needs to be home.
- ◆ Offer agreed and acceptable alternatives for not doing drugs.
- ◆ Develop quality time between you and your teen to do things together that are interesting and satisfying to both of you.



WHAT IF MY CHILD NEEDS PROFESSIONAL HELP FOR THEIR DRUG PROBLEM?

If your teenager continues to use drugs despite your efforts to get him or her stop, your child might need external professional help, counseling or treatment.

There can be many treatment or counseling options in your community. However, sometimes such services and support are hard to find. It is recommended that you contact your local social service agency, help-line, community or health centre or family doctor to get advice as to which services and possible help might be available in your community.

Suggested Activity

Excuses

Imagine you are trying to get another parent to have a talk with their son or daughter about drugs. How would you respond to each of these possible excuses or reasons that a reluctant parent may offer for not wanting to have the talk?

HOW DO YOU SELECT A GOOD PROGRAM FOR TREATMENT?

A research and public policy organization in the United States, Drug Strategies, conducted a study to determine what characteristics maximize the effectiveness of an adolescent drug treatment program. Summarized below are 7 key features that they identified. As a parent you should ask the administrator or director of the treatment program you are considering about each of these elements or ask yourself which of these is offered through the help you have identified. You want to pick a program that is most likely to help your teenager.

1. **THE PROGRAM IS DESIGNED FOR TEENAGERS.** A treatment program that is developed specifically for youth is critically important for treatment success. The program should not just be an adult program modified for teenagers. And **YOUTH SHOULD NEVER BE MIXED WITH ADULTS** if a treatment facility has programs for both young people and adults. The treatment strategy and training of the counselors needs to be specific to the developmental needs of adolescents.
2. **THE PROGRAM USES A DETAILED ASSESSMENT PROCESS TO DETERMINE THE TYPE AND INTENSITY OF TREATMENT THAT IS BEST FOR YOUR CHILD.** Your child should receive treatment that matches the specifics of his or her drug problem. It takes a comprehensive assessment by the clinical staff for the treatment plan to be adjusted to fit your child's needs. Parents should ask if standardized and valid procedures are used by a program.
3. **A COMPREHENSIVE TREATMENT APPROACH IS USED.** Many teenagers with a drug problem also have other problems, such as depression, anxiety and post-traumatic stress. Effective treatment programs need to develop a treatment plan for your child that addresses the adolescent's problems comprehensively, and not focus only on stopping the drug use.
4. **TREATMENT INCLUDES FAMILY INVOLVEMENT.** Treatment success is likely enhanced when the family is involved in treatment. Good programs place a high priority on your involvement in the program. Your role may include participating in group meetings and examining and changing your use of alcohol.
5. **STAFF ARE QUALIFIED.** You want to have your child treated at a program where the staff is qualified both as drug abuse counselors and as counselors with training in working with teenagers.
6. **THE PROGRAM OFFERS CONTINUING CARE.** Success in stopping drug use usually requires that the teenager continue treatment after the initial "primary" treatment experience. Top-quality programs provide this continuing care for the teenager, often up to several weeks or months.
7. **TREATMENT OUTCOMES.** Not all programs regularly measure the outcomes of their treatment. But you should ask if the program does: If they do, ask for a summary of a report.

In some places and countries it is difficult to find support that meets any, let alone all, these criteria although things are changing and improving. You will need to find someone who can give some expert guidance on what you can do, who you can access for help and whether this seems appropriate for your child's needs.

WHAT TO DO IF MY TEENAGER IS USING DRUGS

This final chapter has tried to help the PREVENTION-SMART parent address the situation when prevention has not been as successful as we would have hoped. It aims to offer practical help and advice when you suspect or discover that your child is using drugs. Remember, your reaction and how you deal with it is extremely important if there is to be a way through this matter together and if your child is to look to you for help and support.

The key phrase when you find out is **DON'T PANIC**. It may not be as bad as you imagine, and only by working together will you be able to help your child. Remember too that the drug in question may affect how you respond and deal with the issue. Finally, keep a focus on not only the drugs being used but also the reasons that led to this. Discuss with your child the ways you can address these "causes".

Final Task:

Imagine you have been asked by a friend what to do, as they have just discovered their child is using drugs. What would you say to this parent now that you have read this chapter?

Chapter 10: Review			
	Question	Answers	Explanation
1	Children who start using drugs at an early age are more likely to continue using, to use other more potent drugs, and to develop drug abuse.	True	<p><i>Research studies clearly show that youth who start using drugs at an early age are more likely to continue using drugs and to use more powerful drugs than their peers who delay drug use until they are in their twenties. The reasoning behind these findings is that the human brain continues to develop during the teen years to adulthood; and that exposing the brain to drugs during this critical period of growth and development may result in permanent changes that affect important behaviors and skills that are necessary for learning.</i></p> <p><i>Similarly attitudes form early in life can lead to behaviours such as using drugs. It is a challenge to change these attitudes and behaviours later in life.</i></p>
2	When you discover your child has used drugs, get him or her into treatment immediately.	False	<p><i>When a parent discovers their child has used drugs, it is recommended that the first thing they do is to arrange to have a serious discussion with the child that includes the other parent or care-giver. This initial communication can help determine the severity of the problem, the child's willingness to stop or reduce drug use and whether there is a need to pursue formal treatment for drug use.</i></p>
3	Offering rewards to teens for not using drugs demeans their self-esteem.	False	<p><i>Offering rewards for not using drugs encourages teens to make positive choices regarding drug use, provided the rewards represent something meaningful to the teen. Rewards should be negotiated with teens to ensure that behavior is sufficiently rewarded to help the teen choose not to use drugs.</i></p>
4	Some teens who use drugs may have other problems, like depression or anxiety.	True	<p><i>For many teens, using drugs is seen as a way to cope with problems they may have in another part of their lives, e.g., depression, anxiety, gender identity issues, bullying at school, family problems, etc. They may feel temporary relief from the drugs' high feeling, but the problems do not lessen or disappear. It is very easy for teens who use drugs to distract them from troubles to go back to the drug for relief, setting them up for developing a drug problem in addition to the original problem they have.</i></p>
5	It is normal for some teens to get defensive and blame others for his or her drug use.	True	<p><i>Most teens really want to make positive choices, and do not want to disappoint parents and other adult care-givers. It is normal for teens, when confronted by parents about drug use, to become defensive and place the blame on others. Try to remain calm while your teen explains, even if it is a bunch of baloney. Resist the impulse to strangle them and ground them for life!</i></p>

ADDITIONAL RESOURCES

- ◆ National Institute on Drug Abuse. NIDA InfoFacts: High School and Youth Trends
- ◆ The Partnership at DrugFree.org
- ◆ Parents. The Anti-Drug
- ◆ Real Parenting
- ◆ Talk Frank
- ◆ **Addiction Info.** This addictions gateway is a free online service providing access to the best web resources in Europe on drugs, alcohol, smoking, gambling and related topics. All the resources have been evaluated and a description of each website is given. You can search it using free text or by browsing the subject categories
- ◆ Alcohol Info (Netherlands). Support and tips for parents: new phase in the campaign Alcohol and Parenting.
- ◆ National Institute on Drug Abuse (US)
- ◆ NIDA for Teens: The Science behinds drug abuse. (US) - NIDA also provides Materials developed specifically for students and young adults.
- ◆ Partnership for a Drug Free America. Information and tools parents can use to help prevent drug use in their families. (US)
- ◆ Mentor's Adolescent Brain Development resources, including The Science Behind Young People's Substance Use CD-ROM Published by Hazelden
- ◆ National Institute on Drug Abuse:

Marijuana: Facts for Teens

- ◆ NIH PUB. NO. 98 - 4037. BETHESDA, MD: NIDA, NIH, DHHS, REVISED MAR. 2003
- ◆ NIDA InfoFacts: High School and Youth Trends
- ◆ BETHESDA, MD: NIDA, NIH, DHHS, 2003.

Here are some additional resources to help you learn more about the media and its positive and negative influences on health behavior in young people.

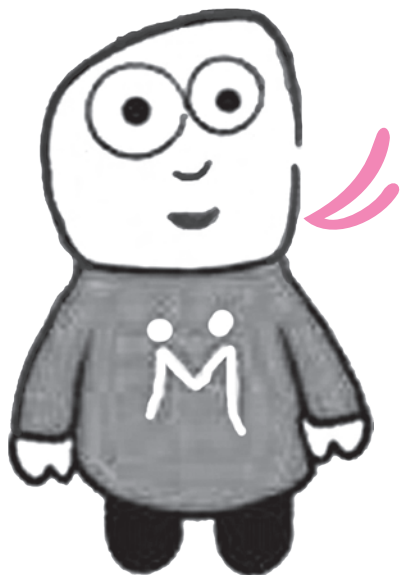
- ◆ Media Measure: take an assessment of how much media your family is exposed to daily.
- ◆ The Partnership at DrugFree.org
- ◆ Some facts about Alcohol Advertising and Youth

Here are some websites to help you learn more about getting professional counseling and treatment if your child's drug use is a serious enough problem.

- ◆ The Partnership at DrugFree.org Wide range of practical information about how to talk to a child who needs treatment and what you can expect if your child goes into treatment.
- ◆ <http://www.nida.nih.gov/PODAT/PODATIndex.html>

From the National Institute on Drug Abuse, a summary of principles of treatment is provided, including what you can do as a parent to help improve the likelihood of treatment success for your child.

Mentor has a brief introduction to Teenage Brain Development and Vulnerability to Drug Use based on the latest neuroscience research.



For more information, read:

Mind Over Matter. This print and online publication is produced by the National Institute on Drug Abuse, National Institutes of Health.

You can also find more information on the teen brain on the PBS Frontline website. You could also surf:-

- ◆ <http://prevention-smart.org/chapter-2/resources>
- ◆ <http://prevention-smart.org/chapter-3/resources>
- ◆ <http://prevention-smart.org/chapter-4/resources>
- ◆ <http://prevention-smart.org/chapter-5/resources>
- ◆ <http://prevention-smart.org/chapter-6/resources>
- ◆ <http://prevention-smart.org/chapter-7/resources>
- ◆ <http://prevention-smart.org/chapter-8/resources>
- ◆ <http://prevention-smart.org/chapter-9/resources>
- ◆ <http://prevention-smart.org/chapter-10/resources>

prevention-smart parents

Partners in Prevention Project for Eastern Africa



**Partners.ε
Prevention**



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Supported by Fonds de Lutte - Luxembourg, Eu and undertaken through Mentor Foundation (International).