

Positive Parenting

DRUGS

Most kids will face a drug-taking decision.
Are your children at risk?

Warning Signs

BEHAVIOURAL CHANGES	MOOD CHANGES	PHYSICAL CHANGES
<ul style="list-style-type: none">• Hanging out with new friends• Lying• Discipline problems• Skipping classes• Lower grades• Need for money	<ul style="list-style-type: none">• Less involvement at home• Loss of interest in previous activities• Moodiness• Withdrawal• Depression• Secretiveness	<ul style="list-style-type: none">• Sudden increase or decrease in appetite, weight loss• Difficulty in falling asleep or sleeping late• Red eyes• Trouble talking or walking• General deterioration

What Parents Can Do

- Take a deep breath, don't panic, control your anger.
- Pick a time and place to confront your child about your concerns. Make it a serious meeting.
- Express your concerns and listen to your child's opinion.
- Reject the behaviour and not your child.
- Establish ground rules and appropriate consequences if rules are broken.
- Hold your child responsible for his/her actions, e.g. poor grades, debts, criminal charges.
- Try to get your child involved in constructive activities.
- If the problem continues, contact community resources or a counselling agency.