



## Parent Fact Sheet 3:

# It's not just about the drug

A drug is a substance other than food, which is taken to change the way the body and/or mind function.

Did you know alcohol is also a drug?

Alcohol and other drugs affect everyone differently. People's experiences when these are used may not be the same and may even be very different.

The effects and consequences of alcohol and other drug use are determined by a combination of factors that are inter-connected; these are:

- the person using the drug – how old, previous use of the drug, male or female, happy, sad, stressed
- the place where the drug is used – are they with friends or strangers, near water, intending to drive
- the drug that is taken – which drug, how is it used, if it's used with other drugs

**Mood altering drugs are called psychoactive drugs. They can affect the way a person thinks, feels and behaves.**

## Drug Use Triangle

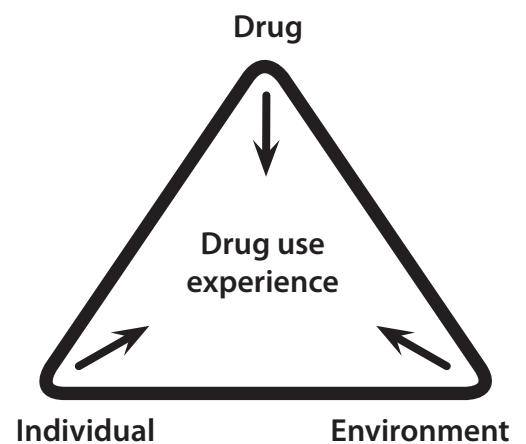
The Drug Use Triangle shows how the effects and harms of drug use can be influenced by these factors.

Knowing this helps us to realise that drug use is complex and why one person's experience with a drug might feel good while another person can use the same drug in the same quantity and have a different, negative experience.

Different situations, places, moods, experiences and social groups may influence a person to decide to take a drug or not take a drug. These factors also vary from one day to the next. It's important to remember that we are all different!

When talking with your child about drugs and any concerns you may have about their drug use, it is important to focus on their safety and wellbeing, to listen to their concerns, to share your concerns and to raise awareness of possible harms they could experience.

While most young people will not have problems with alcohol or drugs, having a supportive environment where questions can be asked and answered openly and honestly reassures your child that you are interested in understanding them and you will be there for them even if they end up in a difficult situation. (For more information see *Parent Fact Sheet 1: Talking to your children about alcohol and other drugs* on the SDERA website.)



## Seek help and advice

You are not alone. There are services you can access to get the best help for your situation. You can also talk to your doctor, your local Community Alcohol and Drug Service or:



## FOR INFORMATION

### ■ SDERA

p: (08) 9402 6415  
e: [sdera.co@education.wa.edu.au](mailto:sdera.co@education.wa.edu.au)  
w: [www.sdera.wa.edu.au](http://www.sdera.wa.edu.au)

### ■ Australian Alcohol and Drug Foundation

w: [www.adf.org.au](http://www.adf.org.au)

### ■ Drug Aware

w: [www.drugaware.com.au](http://www.drugaware.com.au)



## FOR HELP

### ■ Meth Helpline

24/7 free & confidential, counselling and referral  
p: 1800 874 878  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)  
w: [alcoholdrugsupport.mhc.wa.gov.au](http://alcoholdrugsupport.mhc.wa.gov.au)

### ■ Alcohol and Drug Support Line

p: (08) 9442 5000  
p: 1800 198 024 (country callers)  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### ■ Parent and Family Drug Support Line

p: (08) 9442 5050  
p: 1800 653 203 (country callers)  
e: [alcoholdrugsupport@mhc.wa.gov.au](mailto:alcoholdrugsupport@mhc.wa.gov.au)

### ■ Aboriginal Alcohol and Drug Service

p: (08) 9221 1411  
e: [info@aada.org.au](mailto:info@aada.org.au)  
w: [www.aads.org.au](http://www.aads.org.au)

## TRANSLATING SERVICES

If English is not your first language, you can get free translation support through the Translating and Interpreting Service  
p: 131 450

## SPEECH OR HEARING DIFFICULTIES

If you are deaf, or have a hearing or speech impairment contact the National Relay Service  
p: 1800 555 660  
e: [helpdesk@relayservice.com.au](mailto:helpdesk@relayservice.com.au)  
w: [www.relayservice.gov.au](http://www.relayservice.gov.au)

