



Parent Fact Sheet 1:

Talking to your child about alcohol and other drugs

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?

While talking with your child about alcohol and other drugs is not always easy, having these discussions can make an important difference. As a parent you have a lot of influence on the attitudes and decisions your child has about drug use. The best time to start talking to your child is from an early age when your influence on their attitudes and decisions is the greatest before they are exposed to drugs or people who might use them.

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

Sharing your attitudes, talking openly and being able to give them accurate information about alcohol and other drugs including methamphetamine, reassures your child that you are happy to have conversations about difficult topics.

Some things to consider when talking with your child about alcohol and other drugs

Have a plan

Before talking to your child find a safe and comfortable time and place away from distractions, perhaps when you are doing something together like driving in the car. Wherever you are, give them your full attention and listen carefully to what they're saying to find out their thoughts and feelings. Share your views too. Remember to let them speak without interrupting, stay calm, listen and be non-judgemental.

What to talk about

Talk about the effects of alcohol and other drugs and help them understand that any drug, including over the counter medications when not used responsibly can cause harm to their brain and body and that using drugs might interfere with achieving their future goals.

Over the counter medicines are medicines that are not prescription medicines and are not complementary medicines.

Work out some guidelines together about what are acceptable behaviours around alcohol and drugs and agree on the consequences if these are broken. Help them develop ways of responding to offers of alcohol or other drugs that helps them stay safer. Practise these together. You can also work out a plan to get help so they know what to do if they or a friend get into difficulty after using alcohol or other drugs or in case of any emergency.

Methamphetamine is an amphetamine-type stimulant that speeds up the function of the brain and central nervous system.

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
w: www.sdera.wa.edu.au

Australian Alcohol and Drug Foundation

w: www.adf.org.au

Drug Aware

w: 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
w: 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

Parent and Family Drug Support Line

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

Aboriginal Alcohol and Drug Service

p: (08) 9221 1411
e: info@aada.org.au
w: 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
w: www.relayservice.gov.au

