

## TALKING DRUGS PARENT WORKSHOP

MAY 2017

DIANELLA COMMUNITY COLLEGE

### TRANSLATION –

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Good evening, may peace and blessing be upon you.

Tonight I took part in a discussion organised by an organisation called SDERA which stands for School Drug Education and Road Aware. The discussion forum was about giving parents information about the risks associated with drugs and alcohol which covers broad types of substances such as caffeine and tobacco. The discussion was around the risk drugs and alcohol will have on a young person if they are exposed to it before their brain and body develops.

It was very useful information that was shared with the parents who attended tonight. It is important that Somali parents should be aware of these kinds of information in order to help their children and teenagers to deal with the risks associated with drugs and alcohol. This topic is valuable and schools, government agencies and parents need to work together in order to tackle it.

Schools and government agencies are already doing something about it and if parents play their role it will make a big difference in the fight against drugs and alcohol. I would advise every Somali parent to be informed about this topic and if you need further information to contact SDERA. Start talking about drugs and alcohol awareness with your children. You do not have to wait until they become teenagers but you can start from a young age as long as it is age appropriate. The key is to start communication with your children and develop trust from a young age so they can talk to you about any topic or issue they are facing. Thank you.