



## Aboriginal English Fact Sheet 3:

# It's not just about the drug

A drug is any substance that changes the way the body works.

Psychoactive drugs like grog, weed and meth affect the way you feel, see and hear things.

Grog and other drugs affect everyone differently. It depends on:

- **the person using the drug** – how old they are, previous use of the drug, whether they are male or female, their mood (feeling happy, sad or stressed)
- **the place where the drug is used** – are they with friends or strangers or on their own, at home or somewhere else
- **the drug that is taken** – which drug, how it's used and if it's used with other drugs.

### Drug Impact Model

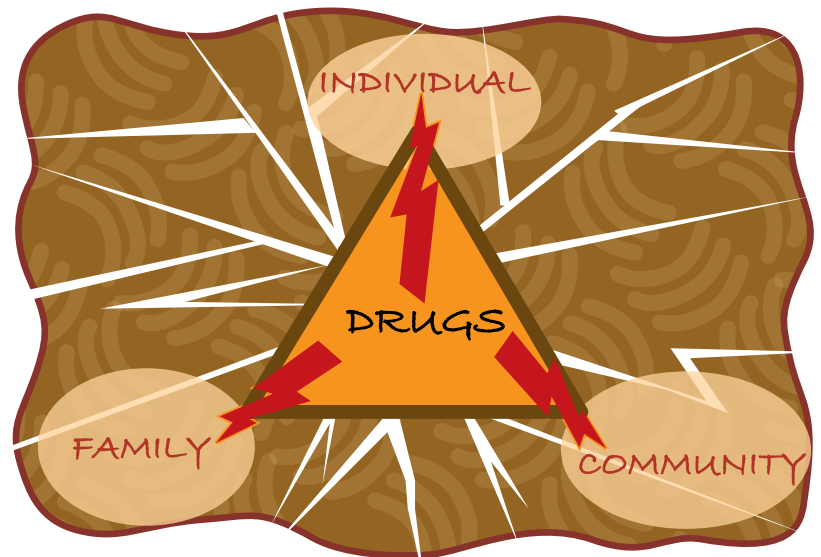
This model helps us to understand that harmful use of grog or other drugs can cause problems for the person, their family and their community.

When yarnning with your child it's important to understand these problems and work together to reduce the harms caused by grog and other drug use.

Some tips while you're yarnning include:

- yarn about the many reasons why people choose to use or not use drugs
- yarn about how drug use can have a different impact on different people - what one person experiences can be different from everyone else
- let them know you care and want to keep them safe.

Be honest and respectful of what your child says. (For more information see *Parent Fact Sheet 1: Talking to your kids about grog and drugs* on the SDERA website). Be strong and also remain calm so these issues can be discussed openly with love and understanding.



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## Where to go for help

It's really important for adults to be careful around drugs too. There are places you can go to learn about drugs or for help where the health workers won't tell anyone else about you, your family or friends and it's free. Remember you're not alone and there's no shame in asking for help.



## FOR INFORMATION

- **SDERA**  
p: (08) 9402 6415  
e: sdera.co@education.wa.edu.au  
w: www.SDERA.wa.edu.au
- **Strong Spirit Strong Mind Metro Project**  
w: www.strongspiritstrongmind.com.au
- **Drug Aware**  
w: www.drugaware.com.au
- **alcohol think again**  
w: alcoholthinkagain.com.au
- **Alcohol and Drug Foundation**  
w: www.adf.org.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
- **Wungening Aboriginal Corporation**  
p: (08) 9221 1411  
w: www.wungening.com.au

### TRANSLATING SERVICES

To speak in another language:  
p: 131 450

### HEARING OR SPEAKING PROBLEMS

If you have problems hearing or speaking:  
p: 1800 555 660  
e: helpdesk@relayservice.com.au  
w: www.relayservice.gov.au



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