




PARENT SERIES

Tips for dealing with drugs + teenagers

-  **Be open to discussion** with your teen about the issues involved in drug use. Make time to talk with your teen and encourage a positive and supportive atmosphere.
-  **Be prepared and informed.** Parents often exaggerate the dangers of drugs due to their own fears and concerns. Present your teen with honest and factual information.
-  **Don't be judgmental when talking about drugs with your teen.** If your teen feels defensive, he or she will not want to discuss these important issues with you in the future.
-  **Don't panic.** If you discover that your teen is using or experimenting with drugs. The calmer and more prepared you are, the more productive your communication will be with each other.
-  **Listen to their point-of-view** and let them know your concerns. Don't expect your teen to make decisions on the spot about what position they will take regarding drugs.
-  **Accept that your teen will make mistakes.** Teens may experiment with drugs and other risk-taking behaviours as a normal part of adolescent development. Mistakes can be an opportunity for learning if they are handled the right way.
-  **Make a Safety Plan with your teen.** Ask your teen questions about how they can keep themselves safe and make appropriate decisions in relation to drug use.
-  **Set clear values and boundaries** – Make sure teenager knows what your expectations are. For example, no use of drugs by your teen or their friends in the family home. Create a safe space for your teenager while also maintaining clear boundaries.
-  **Encourage open and honest communication** – ensuring that even though you may be unhappy with them for using drugs you are always going to be there to support them through it.
-  **Consult your teen** about drug issues and the boundaries you want in place. You will find they are more likely to stick to any agreement you make and to talk to you when problems arise if they are consulted about the issues that affect them.
-  **Seek support for yourself** – through counselling. The Community Drug and Alcohol Support throughout Perth offer counselling for parents and significant others as for your teen. The phone number for the Alcohol and Drug Support Service is (08) 9442 5000.

If you would like to book an appointment and /or speak with one of our Counsellors, it's as easy as calling 1300 66 77 00 or New Zealand 0800 327 669 or visit our website www.accesswellbeingservices.com.au