

FOR MORE INFORMATION.
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For more information or to order extra copies of this brochure call **1800 250 015** (toll free) or visit the National Drugs Campaign website at **www.drugs.health.gov.au** For information on counselling services or further drug information, including about alcohol, contact the Alcohol and Drug Information Service in your State or Territory.

STATE AND TERRITORY ALCOHOL AND DRUG INFORMATION SERVICES:

New South Wales

Alcohol and Drug Information Service (Regional) **1800 422 599**
Alcohol and Drug Information Service (Metropolitan) **(02) 9361 8000**

Victoria

DirectLine (Metropolitan) **(03) 9416 1818**
DirectLine (Country freecall only) **1800 136 385**

Queensland

Alcohol and Drug Information Service **(07) 3236 2414**
Freecall Country Queensland **1800 177 833**

South Australia

Alcohol and Drug Information Service **1300 13 13 40**

Western Australia

Alcohol and Drug Information Service **(08) 9442 5000**
Toll free number (Country callers) **1800 198 024**
Parent Drug Information Service **(08) 9442 5050**
Toll free (Country callers) **1800 653 203**

Northern Territory

Alcohol and Other Drug Service **(08) 8922 8399**
Central Australian Alcohol and Other Drug Service **(08) 8951 7580**

Tasmania

Alcohol and Drug Information Service 24 Hour **1800 811 994**

Australian Capital Territory

24 Hour Alcohol and Drug Telephone Line **(02) 6205 4545**

Family Drug Support **(02) 9818 6166** or **1300 368 186**

Kids Help Line **1800 55 1800**

Lifeline **13 11 14**

Translating and Interpreting Service **13 14 50**

If you find someone who you suspect has passed out from drug or alcohol use, phone **000** immediately for an ambulance. Do not hesitate.

If you would like information on how to be prepared to handle a drug overdose, phone the Alcohol and Drug Information Services listed above.

For advice on how to quit smoking, call the National Quit Line on **131 848**.



Authorised by the
Commonwealth Government, Capital Hill, Canberra.
Written by E. Abetz, Special Minister of State, Canberra
Printed by Chippendale Printing Co. Pty Ltd.
Concord West NSW 2138



10 WAYS TO
10 ways
ENCOURAGE
to encourage
YOUNG
young people
PEOPLE
to talk
TO TALK
with you
WITH YOU
about drugs.
ABOUT DRUGS.

There are many things we can do as a nation to tackle the drug problem, but few are more important than talking to young people.

However, although research has shown that such talking can reduce the likelihood of drug use, many parents feel ill-equipped to enter such discussions. Here are some suggestions you may find helpful.

1. BE PART OF THEIR LIVES

Make sure that you make time for your children. Take an interest in their interests and establish a routine for doing things together.

Don't be afraid to ask where your teenagers are going and who they will be with. Spending time together as a family is important. For example, try to talk and eat together every day and find other opportunities to enjoy time together as a family.

2. LISTEN TO THEM

Showing a willingness to listen will help your children to feel more comfortable about listening to you.

Ask for their input about family decisions to demonstrate that you value their opinions. Try not to interrupt or react in a way that will stop further discussion. Encourage them to feel comfortable about telling you their problems.

3. BE A ROLE MODEL

When it comes to illicit drugs, there is no such thing as "do as I say, not as I do". If you take illicit drugs, you can't expect your child to take your advice. Don't underestimate the influence your behaviour can have on your children, particularly any use of tobacco or misuse of alcohol and medications.

4. BE HONEST

It is important to be informed but don't pretend to know everything. Be prepared to say "I don't know but I will try and find out".

Be honest and clear about where you stand so that your children will find it easier to be honest with you.

5. PICK YOUR MOMENT

Choose the right time to discuss the topic by looking for natural opportunities as they arise. This might be watching TV, when talking about someone at school or in response to something that was similarly difficult to talk about.

6. BE CALM

Being calm and rational is also important and don't overreact. You should keep the lines of communication open and don't ridicule or lecture. Remember that getting angry will just close the door on further discussion.

7. AVOID CONFLICT

It is difficult to solve a problem when there is conflict. Try to see their point of view and encourage them to understand yours.

If a confrontation develops, stop the conversation and return to it as soon as both of you are calmer.

8. KEEP ON TALKING

Once you've had a discussion, it's important to have another. Ensure that you are always willing to speak to your children about drugs and start early.

9. SET CLEAR BOUNDARIES

Most young people expect and appreciate some ground rules. Allowing them to take part in setting the rules encourages them to take more responsibility for sticking to them. Once you have rules, enforce them and ensure young people know of the consequences of breaking them.

Find and agree to ways young people can act should they find themselves in a situation that exposes them to drugs. For example, let them know that you will always collect them if they need you to, even if it is late at night.

However, make it absolutely clear that you would rather they didn't put themselves in a situation where they are likely to be exposed to illicit drugs.

10. FOCUS ON THE POSITIVE

Reward your children's good behaviour and emphasise those things they do well. Encourage them to feel good about themselves and let them know that they deserve respect.