



Key messages for parents

All the main points from the WOLP parents evening in one easy leaflet

Before talking to your child about drugs:

1. Focus on decision making and behaviour, not consequence.
2. Think about all of the factors that influences decision making
3. Remember, 'they' do not think like 'we' do!

Use the drug triangle and traffic light models to think about decision making and about managing risk

- Having a 'big talk' about alcohol and drugs isn't the best way – make it a continual conversation and listen to your children too.
- Begin young, before they start experimenting.
- Be prepared to set rules.
- Get to know their friends' parents if you can, so you can present a united front.
- Make sure you know the basic facts – about alcohol units, for example
- Make sure you are setting a good example of sensible decision-making.

5 top tips

1. Focus on the 'why' not the 'what'
2. Explore the context in which the behaviour occurs
3. Promote normative data and approaches
4. Focus on 'skills' needed to safely navigate risk or avoid initiation to risk
5. As difficult as it is, try to understand things from the young person's perspective – they probably didn't do it for the reasons they shouldn't.

75% of parents say they have had a conversation with their children about drugs **but only**

36% of children say they have had a conversation with their parents about drugs

What does this tell us?

Make sure you check your child's understanding on this matter

Do

- Listen carefully, If you don't understand some of the terms, ask for an explanation
- Use open question which enable the young people to explore ideas
- Be positive – Warnings may backfire
- Check your facts, ensure what you're saying is accurate

When talking to your child

Don't

- Overreact or panic
- Lose sight of what you aimed to achieve
- Be judgmental - not all young people act or think in the same way
- Use slang terms or jargon
- Make blanket generalisations or sensationalise