

Want to find out more?

HELPLINES & WEBSITES

- **Manchester Children's Information Service**
0800 083 7921
www.manchester.gov.uk/children/parents
– for copies of tip sheets and other leaflets, parenting courses and local services/events
- **Parentlineplus**
0808 800 2222
www.parentlineplus.org.uk
- www.bbc.co.uk/parenting
- www.parentscentre.gov.uk
- **National Drugs Helpline**
0800 77 66 00
www.talktofrank.com
- **Drinkline** 0800 917 82 82
- www.alcoholconcern.org.uk



Visit your local library for more information and access to the internet

For more information and support, you could try talking to your:

- CHILD'S TEACHER
- SCHOOL NURSE
- GP

विज्ञान पत्रके ले वषी पंगर्ष विर सैर करी
विरुध नवरे 'विलडवतन विलडवतन
नवस्ति' हे 0800 083 7921 वे संकेत करे

للحصول على هذه المنشورة باللغة العربية الرجاء
الاتصال بالهاتف بدارة معلومات الأطفال على
الرقم 0800 083 7921

Si aad ku hesho nusqada warqad yarahan iyadoo
af Soomaali ah faadlan telefoon u dir Adeega
Warbixinta Caruurta ee 0800 083 7921

اگر آپ کو یہ اہمیت اردو میں چاہئے تو چلڈرن انفارمیشن سروسز کو 0800 083 7921 پر فون کیجئے

لطفاً برای دریافت این جزوه به زبان فارسی با سرویس اطلاعات کودکان

(Children's Information Service) به شماره 0600 083 7921 تماس بگیرید

如欲索取這傳單的中文版，請發電 0800 083 7921 聯絡兒童資訊服務

বাজার এই নিবন্ধনের একটি কপি কমা দর করে টেলিফোন করে বাচ্চাদের ডায়েরি সার্ভিসে
0800 083 7921 এই নম্বরে।

● Produced by Manchester Education Partnership © Manchester City Council
Permission is given to reproduce this material for use with Manchester parents only



TIP SHEET FOR PARENTS OF 11+ YEAR OLDS

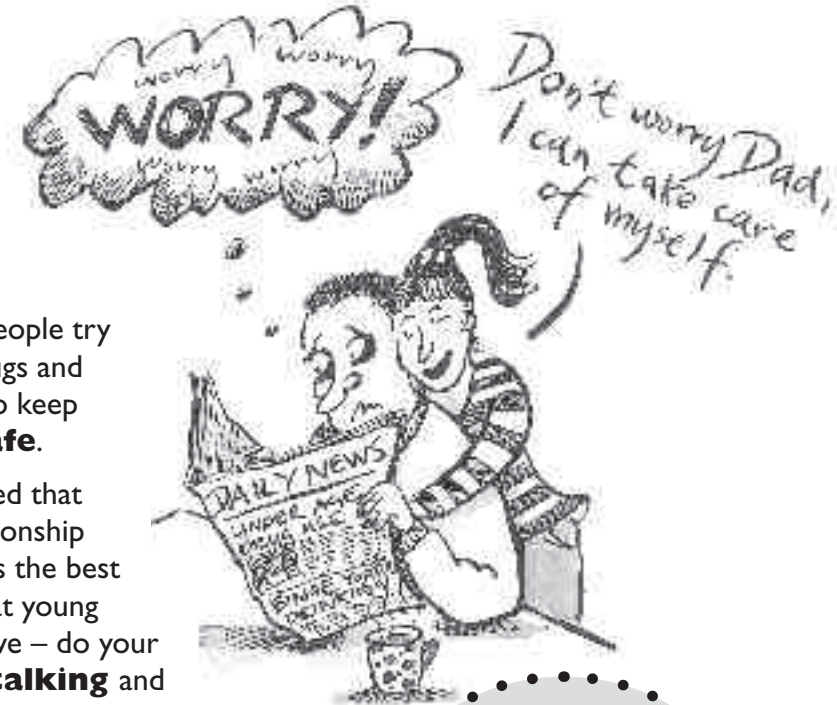
Drugs & Alcohol

Most parents of teenagers **worry** about the **dangers** of drugs and alcohol.

Most young people try alcohol or drugs and **learn** how to keep themselves **safe**.

It's been proved that a **good** relationship with parents is the best protection that young people can have – do your best to keep **talking** and **listening** to your child.

Some young people develop problem drug or alcohol use - this is more likely if they have other problems in their lives or are very unhappy.



The dangers are real – even if only for a minority of young people. If you think your child is **at risk**, you can get help.

In this leaflet, the term 'parent' includes carers, such as grandparents, foster carers or step-parents



This tip sheet is one of a range of resources produced as part of Manchester's Parenting Strategy.

YOUR CHILD NEEDS YOU

Helping your teenager to stay safe may be one of the most important jobs you do as a parent.

Your child needs to know that they can trust you and rely on you while they grow up.



HELP THEM TO FEEL GOOD

Confident young people are more likely to take care of themselves.

Keep up the praise – cut down on criticism – encourage them to think and learn from mistakes.

Don't be too negative about friends. If you're worried about who they're with, talk about it – remind them it's because you care.

ROLE MODEL?

Your children learn from what you do, not what you say.

Teenagers often criticise parents' behaviour – and feel let down when adults tell them things which aren't true.

Be prepared to look at your own behaviour and to be honest with your child.

If you drink alcohol or use drugs, what is your child learning from you about taking care of themselves?

PARENT POWER

Does your child tell you everyone else is allowed more freedom?

Stand up to peer pressure – check things out with other parents – it might help to share experiences.

But have the confidence to stick to what feels right for your child – you know them best.

GET HELP

A small number of young people develop serious problems because of alcohol or drug use.

If you are worried that this is happening to your child, get help – see the back of this leaflet for people to contact.

YOU'RE THE GROWN UP!

Firm rules show you care what happens to your child.

Hang on to the right to know where they are and who they are with. Fix call in times and times to come home.

Have the courage to say 'No' – sometimes it's what your child needs most.

Parenting courses can really help your relationship - and help you be firm when needed - see back page.



REAL PROBLEMS!

Manchester A & E departments regularly treat young people under 18 because of alcohol or drugs – especially at weekends.

Alcohol and drugs cause direct harm – and young people take bad decisions and make themselves vulnerable while 'under the influence.'



COMMUNICATION IS THE KEY

- Keep talking to your child. Find ways to spend time together so they can talk to you easily.
- Trust your instincts about what is right and wrong – but be strong enough to listen and have your opinions tested.
- Try to stay calm - your child may not be honest if they are scared of your anger. Tell them you will try not to get angry if they come to you for help.



WHAT CAN HAPPEN?

- poisoning – having too much or mixing drink and drugs
- problems with learning and school
- having unwanted or unprotected sex
- being robbed or attacked
- getting into fights, driving illegally or committing other crimes