



OVERCOMING THE FEAR OF YOUR CHILD USING DRUGS

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One of the biggest concerns facing parents today is the fear that their children will be hurt by using drugs.

Two unhelpful things that can contribute to a parents fear about their children being hurt from drug use are misinformation and ignorance.

Although the use of illicit drugs can be extremely harmful and even lead to death, it represents a small percentage of overall drug use by young people. Media reports have often sensationalized stories of drug use and highlighted widespread use to such a degree that it is easy to understand why parents are alarmed.

The best way parents can positively influence their children and protect them from the harmful use of drugs is to not put their head in the sand and pretend that their children will be immune. Some helpful suggestions for parents include:

1. Be intentional. Make a conscious decision to get involved in the lives of your children no matter what their age
2. Create and look for opportunities where you can develop your relationship
3. Learn to understand their challenges and needs, and not be judgemental
4. Be prepared. Get your information about drugs and their effects from a reliable source

Remember, even if you consider yourself to be the best parent, there is no guarantee your child won't use drugs, but you can influence your child's choices now as well as know how to respond if drugs become an issue later on.