Preventing Substance Abuse: A Parent’s Role

Drug use among youth is a worry for many parents. Alcohol, tobacco, marijuana and prescription drugs rank high on the list of concerns. Last year in Canada, 80,000 youth abused prescription drugs. So what can be done to prevent substance abuse among youth?

Parent’s have an important role to play. Prevention starts at home with strong relationships that encourage open communication.

Below are some helpful tips;

* Spend time with your child
* Start talking early and often
* Help your child make supportive friends and good choices
* Teach them different ways to say “No”
* Provide guidance and clear rules about not using drugs
* Be a role model - do not use tobacco or other drugs yourself
* Store, monitor and properly dispose of prescription drugs

For more information see Government of Canada <http://healthycanadians.gc.ca/drug-prevention-drogues/index-eng.php?utm_source=google&utm_term=drug%20prevention&utm_medium=cpc_en&utm_content=group10_creative4&utm_campaign=pidu_15>

Healthy Learners in School Program

Anglophone West School District