

27th DRUG AWARENESS WEEK

The 27th Drug Awareness Week aims to help young people understand that by getting involved in activities, they build personal and social skills that can later help them in other situations, especially those related to drugs, alcohol, and gambling.

And since young people will eventually have choices to make about drugs, alcohol, and gambling, the Drug Awareness Week material also includes accurate and consistent information on the risks and consequences of drug and alcohol use and gambling.

YOU CAN HELP YOUR CHILD GET INVOLVED

Parental support and family commitment are protection factors that can help young people steer clear of problems with drugs, alcohol, and gambling. As parents, you can play a key role in supporting your child and promoting his/her involvement in structured activities.

WHAT WE MEAN BY “INVOLVEMENT”

- ▶ Involvement means participating in a variety of activities, such as volunteer work, social action, individual or team sports, music, arts, or intellectual or manual endeavors. These activities may be with the family, at school, or in community and youth organizations.
- ▶ Activities count as “involvement” when they connect a person with the outside world and are considered to be important, significant, and structured, with a clear goal.
- ▶ Involvement means more than just playing with friends or watching TV. The activities must allow the person to mix with caring adults who support and encourage involvement.

RESOURCES

Talking to teens about drugs and alcohol can be difficult. Resources are available to help you discuss the issues with your child and better understand how drug and alcohol use and gambling can affect his or her social and emotional development.

Go to dependances.gouv.qc.ca, click on Drugs and Alcohol, then Parental Support.

You can also call the following resources or visit their website:

LIGNE PARENTS

ligneparents.com

Phone: 1-800-361-5085

DRUGS: HELP AND REFERRAL

drogue-aidereference.qc.ca

Phone: 1-800-265-2626 or
514-527-2626 (Montréal area)

GAMBLING: HELP AND REFERRAL

jeu-aidereference.qc.ca

Phone: 1-800-461-0140 or
514-527-0140 (Montréal area)

DRUG AWARENESS WEEK

ALCOHOL – DRUGS – GAMBLING

BY GETTING INVOLVED, YOUR CHILD WILL HAVE WHAT IT TAKES TO STAY IN CONTROL!

When youth get involved in activities that match their interests, not only do they acquire knowledge and cultivate certain talents, they learn to know themselves better and acquire personal and social skills that will be useful in every aspect of their lives.

By developing social skills (assertiveness, critical thinking, how to be a good team player, etc.) and personal skills (stress management, perseverance, ability to learn social rules and structures, etc.), youth are better equipped and protected to deal with all sorts of situations, including those related to drug and alcohol use and gambling. What's more, by getting involved, young people learn to have fun without using or gambling and to find satisfaction in their achievements.

There are many stimulating and engaging social, sporting, artistic, manual, and intellectual activities available to help youth develop their personal and social skills. Here are some examples:

Greg plays soccer. He's learning to be a team player. He helps make sure everyone gets along inside and outside his circle of friends.

Melissa babysits. She's developing her sense of responsibility and is now more serious about school.

Alex is taking guitar lessons. He's learning to stick to it and set goals. Now when he has difficulty in science, he steps up his efforts and doesn't get discouraged as easily.

And here are some examples of when drug or alcohol use is an issue:

Mary works out at a fitness centre, where she's developing her ability to adopt healthy lifestyle habits. She decides to quit smoking and not to do drugs, a choice that fits with her values, including doing what it takes to stay healthy.

Alex and Kate are involved in theatre. They're learning to push their limits and deal with stress in a healthy way. They would never think of using drugs or alcohol to manage their stress or emotions!