

# An Informed Child is a Responsible Child

Information on drugs is easily available on the media and internet. Some of these info may be inaccurate, and our children may not know it. Parents can play an active role and educate their child on the dangers of drug and inhalant abuse. Parents can take responsibility and inculcate the right information in their child early.

Many parents avoid the topic of drugs or do not see a need to speak about it to their children. They feel that their child is too young to understand the subject. Some may also think that talking about it may arouse a wrong sense of curiosity in the child. But, it is never too early for parents to begin drug education in the home.

If your child is between 7-12 years, a subtle approach without an overload of information is most apt. Most young children are not familiar with the names of illicit drugs such as heroin and methamphetamine. Tell your child about some of the commonly abused drugs and street names so they can easily recognize these drugs and their dangers.

## Identifying commonly abused drugs and its various names



## Bring up learning points often

Discuss drug abuse whenever you read about it on the news and point out the social problems it created. Explain the consequences to the abuser's family and community, and the physical harms that drugs can do to the abuser's body.

## Discuss the dangers in terms they understand

Tell your child how drug abuse can affect daily activities such as playing sports and going to school. Explain that drugs can weaken the body and mind, making normal activities they enjoy doing more difficult. Stress that the long-term effects and consequences are very serious.

## Lead by example

Your decisions and attitudes towards smoking and drinking can have a big impact on how your child perceives drug abuse. Lead by example when advocating abstinence and set clear rules about staying away from drug abuse. Be open to your child's questions.

