

IS MY KID USING DRUGS?

A drug is any substance that changes the way the body works.

Psychoactive drugs like grog, weed and meth affect the way you feel, see and hear things.

It's hard to tell if someone is using drugs but some things your kids might do that make you worry are:

- unusually tired
- changing friends
- no energy
- avoiding yarning and being with family
- mood swings
- acting secretive
- in trouble with police
- loss of interest in activities like sport
- telling lies
- skipping school

Remember that lots of kids going through puberty or tough times act in some of these ways. If your kids are doing these (or some of these) it doesn't mean they're using drugs.

WHAT CAN YOU DO IF YOU THINK YOUR KID IS USING DRUGS?

Try to find a time when you're both feeling relaxed so you can have a yarn with your kid and find out what's going on. If they tell you they're using drugs, try not to shout or panic. Most drug use doesn't lead to long-time problems with drugs.

When you yarn with them:

- try to find a safe place to yarn
- let them know you want to help
- listen and hear what they say without getting angry or they might not talk to you at all
- be patient and don't force them to talk
- be respectful.

If you need help, talk to your family and friends. Your kid might be better yarning with another family elder or a trustworthy respected Aboriginal person or maybe even a nurse or health worker at an Aboriginal Medical Service.

Tell them

- drugs and grog have never been part of Aboriginal culture
- most kids don't use grog or illegal drugs
- it's ok to say no to drugs if they don't want them, or if they've had enough
- you and your family care about them and want them to stay safe
- family rules and what will happen if they break them
- there's no shame or blame in asking for help if they need it
- what the law says they can and can't do
- how people who are drunk or on drugs hurt the community.

WHERE TO GO FOR HELP

It's really important for adults to be careful around drugs too. There are places you can go to learn about drugs or for help where the health workers won't tell anyone else about you, your family or friends and it's free. Remember you're not alone and there's no shame in asking for help.

Strong Spirit Strong Mind Metro Project
www.strongspiritstrongmind.com.au

Drug Aware
www.drugaware.com.au

alcohol think again
alcoholthinkagain.com.au

Alcohol and Drug Foundation
www.adf.org.au

TRANSLATING SERVICES

To speak in another language:
Tel: 131 450

SPEECH OR HEARING DIFFICULTIES

If you have problems hearing or speaking:
Tel: 1800 555 660
Email: helpdesk@relayservice.com.au
Web: www.relayservice.gov.au



CONTACT

Parent and Family Drug Support Line
Tel: (08) 9442 5050
Tel: 1800 653 203 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Alcohol and Drug Support Line
Tel: (08) 9442 5000
Tel: 1800 198 024 (country callers)
Email: alcoholdrugsupport@mhc.wa.gov.au

Meth Helpline
(24/7 free & confidential, counselling and referral)
Tel: 1800 874 878
Email: alcoholdrugsupport@mhc.wa.gov.au
Web: alcoholdrugsupport.mhc.wa.gov.au

Wungening Aboriginal Corporation
Tel: (08) 9221 1411
Email: info@aada.org.au
Web: www.aads.org.au

Road Safety and Drug Education Branch
Department of Education
Tel: (08) 9402 6415
Web: www.sdera.wa.edu.au
Email: sdera.co@education.wa.edu.au