

TALKING TO YOUR KIDS ABOUT GROG AND 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.

Did you know grog is a drug?

Yarning with your kids about grog and drugs isn't easy, but it's really important. The family – parents, aunts and uncles, grandparents and elders, and brothers, sisters and cousins – have lots of influence over what kids think about grog and drugs.

Talking openly without putting them down or getting angry shows you care and are interested in your kids. This builds trust so they know they can ask you questions or have a yarn with you anytime if they want to.

Prescription medicines are drugs that need a prescription from a doctor or hospital. It can be dangerous to take someone else's prescription medicine. A drug that might be OK for them could make you sick.

HOW TO YARN WITH YOUR KIDS

Have a plan

Try and find a time when you're both feeling relaxed so you can have a yarn with them. Listen to what they say and find out what they think and feel. Whatever they say, stay calm!

What to yarn about

Talk about what grog and other drugs can do to the body. Remember that even drugs from the doctor or chemist can be dangerous if they're not used in the right way. Some things you can yarn about are:

- drugs and alcohol have never been part of Aboriginal culture
- most kids don't use grog or take 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.

You can also help them practise ways to say 'no' if someone offers them drugs that they don't want to use, or what to do if they or a friend are in danger after using grog or other drugs.

A responsible drinker knows when they've had enough and they stop. (Indigenous Drug Education Support, NT)

WHERE TO GO FOR HELP

It's 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

