

DRUG AWARENESS '96



Families need to talk about alcohol & other drugs

When a family knows how to talk – and listen – to each other, alcohol, and drug problems are less likely to develop.

Being able to say what's on your mind, in a positive, constructive manner – that's what counts. Then it's easier to prevent or solve problems.

Things you can do

- 1** Suppose you detect a family problem about alcohol or drugs. You think, "It's time for us talk about this." Wait – until everyone's calm. Then sit down together to discuss the problem.
- 2** Who should take part in the discussion? Include everyone in the family who's touched by the problems.
- 3** Each person should have the chance to give their opinions without being interrupted. And try to make sure there aren't any distractions to sidetrack the discussion.
- 4** It's not just what you say, but how you say it. For instance, you may claim you aren't angry. But if your fists are clenched and you're shouting, nobody will believe you. Be sure your tone and body language are consistent with your words.

5 Have the facts at hand. It can help if you're able to back up what you say by referring to specific times or issues.

6 Questions which can be answered just "yes" or "no" usually don't lead anywhere. Ask the kind of question which will need a longer reply. That way, you may get a discussion going which could help solve the problem.

7 Try to recognize everybody else's points of view. If it's unclear, ask the person to explain it another way. Then, when you do understand, feed it back to this person so they know.


8 Focus on the behaviour that's a problem rather than making general comments about the person's personality.

9 Avoid talking down to people. Try to create an atmosphere in which all the family members feel they're partners in solving the problem. Remember, it's important to listen.

10 Problems usually can't be resolved overnight or in one sitting. Continue the dialogue on a regular basis until you've reached a solution.


This message brought to you by:

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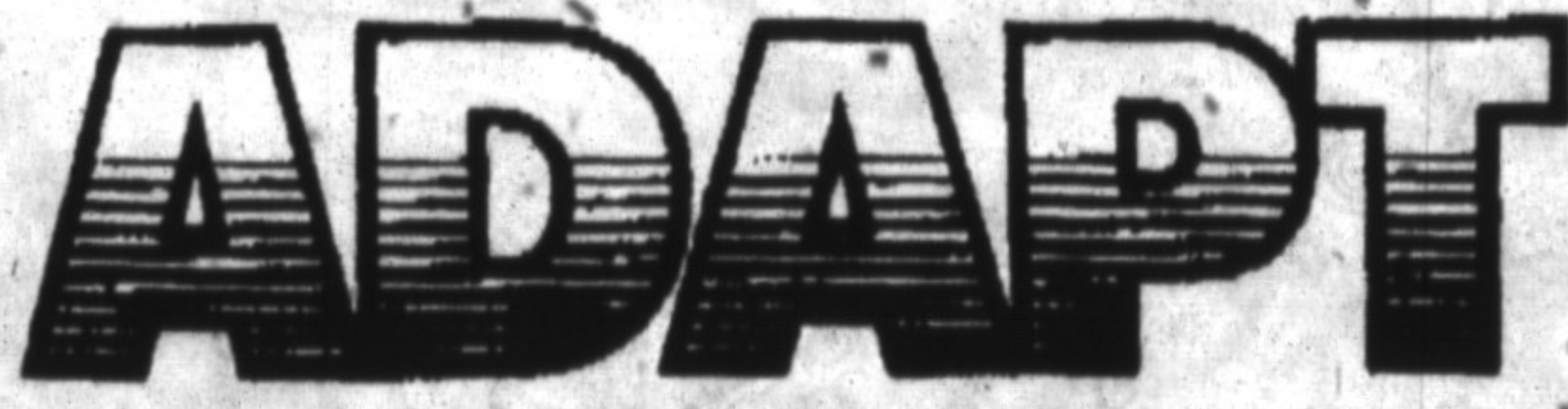


PEER PRESSURE CAN BE AS SOFT AS A WHISPER

Confronting pressure is nothing new to your child. With this pressure your child may be backed into a corner & feel trapped. It is this subtle pressure, this gentle nudge to "belong" that gets children involved with drugs. Your Catholic and Public schools, teachers and students are fighting back. Together we can work so that your child can say "no" without pressure.




The Royal Canadian Legion
Pte. U. J. (Joe) Waters Branch
21 Charles St.
878-9005



Are you concerned about your own or someone else's drinking or drug use? "Adapt" offers professional alcohol and drug assessment and counselling. For an appointment call "ADAPT" between 8:30 a.m. and 4:30 p.m. Weekdays at **873-2993**
All Services are confidential and Free of Charge