



## Drug proofing for Kids course

CPC is organising a course on drugs, details are given below:

- Course runs for 6 evenings from 7-9pm
- Introductory meeting on Tuesday 9<sup>th</sup> February at 7pm in the school
- Starts Wednesday February 24<sup>th</sup>
- Cost £15 including all materials (if the cost is a barrier to you attending this course please highlight this when applying)



### Is it possible to drug proof your kids?

If you mean, "Can parents stop their children from trying tobacco, alcohol or illegal drugs?", the answer is NO.

If you mean, "Can parents be more effective at influencing their children's choices in relation to drug use?", the answer is YES!

Risk-taking is a normal part of growing up, as is stretching and testing the boundaries, and it can be difficult as a parent to know how to respond.

**How to Drug Proof Your Kids®** is an initiative from Care for the Family that provides a place where parents can discuss these challenges and learn from each other's experiences. No one parent is an expert!


### Who is it for?

Any parent, or carer, of children aged eight through to teens who wants to know more about drugs themselves and how to help their children make good choices.

Research shows that parents and families can have a positive influence on the decisions their children make when it comes to drugs. Better informed parents communicate more effectively and are in a position to significantly reduce the risks.

**How to Drug Proof Your Kids®** can help you steer your children away from the harmful use of drugs, alcohol and cigarettes.

[www.dpyk.org.uk](http://www.dpyk.org.uk)



**What will I learn?**

**Session 1**  
DRUGS! JUST HOW BAD IS IT?  
• UK statistics on drugs  
• Drug use in the community  
• An introduction to the Drug Proof Plan

**Session 2**  
WHY KIDS TAKE DRUGS  
• Key factors leading to drug and alcohol misuse  
• Understanding the different stages of drug use  
• Getting to know your child better

**Session 3**  
HOW TO EDUCATE KIDS TO MAKE GOOD CHOICES  
• A parent's action plan  
• Understanding drugs and their effects  
• Encouraging responsible behaviour

**Session 4**  
PREVENTION TOOLS FOR PARENTS  
• Communicating with children about drugs  
• Identifying drug misuse  
• Positive parenting

**Session 5**  
LEARNING TO INTERVENE AND WHERE TO GET HELP  
• The intervention process  
• Responding to peer pressure  
• When does a parent need professional help

**Session 6**  
A PARENT'S GUIDE TO HANDLING RELAPSE  
• Creating a supportive home  
• Relapse threats and indicators  
• Surviving relapse as a parent

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If you are interested in attending or finding out more about this course, please fill in the form below and post/hand in to:  
**FAO: Parent Council,  
Craigmount High School, Craigs Road, Edinburgh, EH12 8NH**

| Name | E-mail address | Phone number | Please sign me up for the course | I would like more information |
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