

## WHAT DO WE MEAN BY DRUGS?

*A drug is any substance which when introduced into the body can create a change in perceptions, mood or how the body functions.*

*All drugs are potentially dangerous and most are illegal. They include cigarettes, alcohol, solvents, cannabis, amphetamines, cocaine, heroin, ecstasy, and many other substances including the misuse of prescription drugs.*

*Signs of Drug taking can include changes in:*

- \* appearance
- \* friends
- \* eating and sleeping habits
- \* mood,
- \* openness

*The difficulty is that these signs are often a natural part of growing up, so a young person who is not using drugs could also show the same changes. It can therefore be frustrating for parents who are trying to look out for signs of drug misuse.*

*The fact is there are no easy answers. Most parents panic and can become very emotional if they suspect their child is using drugs. It is important not to jump to conclusions as many of these signs are those of growing up.*

## BEING A PARENT...



*Is the hardest job you will ever do, and for which you get the least preparation. It requires a commitment of twenty-four hours, seven days a week for a lifetime. There are times when you may feel*

*vulnerable and just when you think you have it "Sussed", the goal posts can change. We make mistakes - that's ok, we are human.*

### DON'T BLAME YOURSELF.

*Take responsibility for your actions but don't blame yourself as it won't help you or anyone else. Remember your children are individuals and make their own choices according to the situations they face.*

### ALLOW YOURSELF TO WORRY.

*It is perfectly normal to have fears so don't panic about worrying!*

## NUTURE YOUR CHILDREN'S SELF ESTEEM.

*Make time to listen and praise your children as this will help them develop the confidence to look after themselves in later life*

*When it comes to the subject of drugs some parents and carers can understandably feel out of their depth. There is a lot of confusing, and inaccurate information around but there are plenty of people available to help you.*

*The best source of support is often from other parents who are going through a similar experience, as they may understand you better than anyone else. There are groups being formed and those that already exist in your area where parents can share their concerns, feelings and solutions they have found*

*These are either supported or led by caring and understanding people who will not preach to you or dictate what you must do.*

In this leaflet you will find contact numbers . Don't be afraid to use them . Conversations and meetings are always treated as confidential , so there is no need to fear that what you say will go any further. More than this , sharing your experience can be a great help to others who are experiencing a similar problem.

### YOUR LEGAL Responsibilities

If a parent or any other member of the public finds what they think is an illegal drug they must, according to law. Either hand it in to the police or destroy it to prevent another person committing an offence with the drug. Parents do not have to tell the police if they know or suspect their child is taking drugs. If you want confidential advice on your responsibilities, contact one of the numbers included in this leaflet.



## Where to find us.

Our Doncaster Road Resource Centre



Resource Centre above Mobility Centre

Access at rear

19, Doncaster Road.

Barnsley.  
S701TH

Phone 242990.

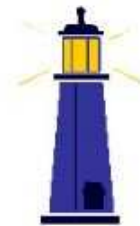
Mobile 07956253906.

Email [barnsleybeacon@btinternet.com](mailto:barnsleybeacon@btinternet.com)

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Patron: Rt Hon Michael Clapham MP



Barnsley Beacon Support Services

Supporting parents, relatives and friends of drug and alcohol misusers.

If you don't  
talk to your  
child  
about  
drugs,  
Someone  
else  
will!

