

ABOUT FOCUS ON THE FAMILY® AUSTRALIA

Focus on the Family Australia, is a registered trademark under license to Pro-Fam Australia Incorporated, a not-for-profit, non-denominational organisation founded by Melbourne-based psychologist Glenn Williams in 1993.

"We believe building a heritage for your family is one of the most important things you can do."

Our effectiveness is linked to our ability to harness the resources and skills of concerned members of the community, health and education professionals, clergy and business people. Our integrity stems from our genuine concern for families and belief that their health is linked to the welfare of our country.

To view a comprehensive list of resources and services we provide to families, please visit our website at www.families.org.au

Sometimes parents feel they have been discouraged from being part of the solution, but drug use is a community issue rather than the exclusive province of 'experts' and professionals. If parents are equipped and empowered they can act very effectively on a practical level. This may happen through various initiatives conducted by schools, churches and other community groups, many of which are using How to Drug Proof Your Kids®.



WHAT DO PARENTS GET FROM THE PROGRAM?

- Parents are strengthened and encouraged to find that they are not alone.
- They benefit enormously from the support of other parents who share ideas, strategies and stories from their own experiences.
- Each parent has their own Parent Notes, containing over 100 pages of notes, exercises, discussion points and reference material.
- At the conclusion of the six 2-hour sessions, each parent is given details of local organisations and resources that can help.

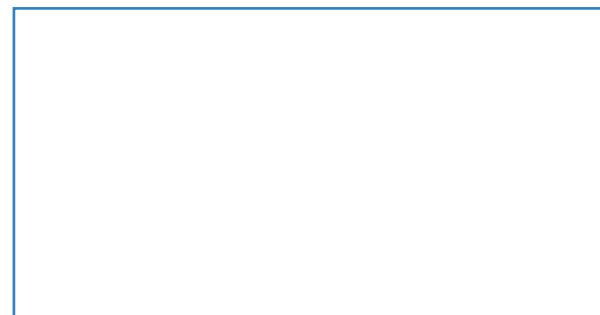
WHAT PARENTS HAVE SAID...

"As a parent who has been through the heartache and grief of having a son touched by the addiction to drugs, I have felt that this program has not only been informative & helpful, but it had a positive healing effect on both myself and my son."

"I gained a lot of practical information, as well as confirmation of boundary setting I now feel more confident as a parent."

"I thought I had a fairly good understanding of most drugs. After completing this invaluable six-week program, I have certainly learned so much more."

"I only wish DPYK was a mandatory course for every parent to complete!"



Call Focus on the Family Australia for more information, or for the details of the next facilitators course or parents program in your area.

35 Winton Road Clayton Victoria 3168
PO Box 5210 Clayton Victoria 3168
Tel: (03) 9544 3411 Fax: (03) 9544 7229

Website: www.drugproofingkids.com Email: response@families.org.au

A Division of Pro-Fam Australia Inc. ABN 81 002 268 366
Pro-Fam Australia Counselling Services Inc. ABN 77 576 618 273

1300 300 361

© Copyright 2002 Focus on the Family Australia



Steering children away from the harmful use of drugs



Parents CAN exert influence and implement strategies that make their children less vulnerable to involvement with drugs... but they need to be informed, equipped and empowered.

PARENTS CAN MAKE A SIGNIFICANT DIFFERENCE!

Extensive research shows that parents and families can be a vital factor in keeping children from becoming involved with the harmful use of drugs, including alcohol.

Better informed parents communicate more effectively, and a knowledge of available resources puts parents in a position to significantly reduce the risks.

Easy availability, peer pressure and the perceived 'excitement' of drugs is a major concern for today's parents.

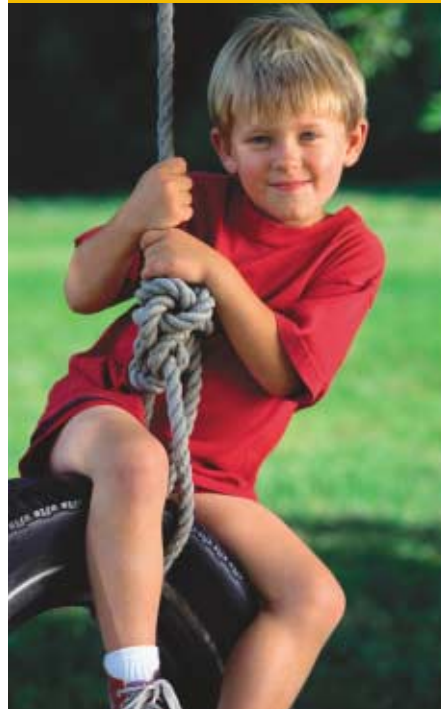
There is a wide spectrum of drug use, ranging from abstinence to dependence, and parents need to understand and respond in a way most appropriate to their situation. To simply tell children who are already casual or dependent users to stop using drugs is naïve. As is lecturing young people that "all they have to do is say no". It's a much more complex issue, and there are psychosocial and health issues that need to be addressed.



PROGRAM OBJECTIVES

Through this program parents will:

- Develop home-based strategies to help their children make informed choices about drug use
- Be better informed about current drug use in our society and its related harm
- Spend time examining their own beliefs, attitudes and behaviours about drug use
- Gain invaluable community information and access to local support



How to drug proof your kids®

Session 1



DRUGS! Just how bad is it?

- Australian statistics and overview of the problem
- Drug use in the community
- The drug proof plan
- Steps for change: what parents can give their kids

Session 3



How to educate kids to make good choices

- Critical strategies for parents
- The parents' action plan
- Understanding drugs and drug misuse: essential facts
- What influences harmful drug use

Session 5



Learning to intervene and where to get help

- The intervention process
- Strategies for intervention communication
- Helping kids respond to peer pressure
- When does a parent need professional help

Session 2



Why kids take drugs

- Key factors leading to drug and alcohol misuse
- Becoming aware of the path to drug misuse
- Getting to know your child better
- Reflecting on your child's environment

Session 4



Prevention tools for parents

- Parental prevention tools
- Parents' attitudes towards their kids
- Identifying drug misuse in your kids and your reactions
- Parents' reactions to drug use

Session 6



A parent's guide to handling relapses

- Relapse protection plan
- Relapse threats and indicators
- Surviving relapse as a parent
- Motivating others to drug proof their kids

IS IT POSSIBLE TO DRUG PROOF YOUR KIDS?

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

If you mean, "Will 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 adolescence, as is stretching and testing parental boundaries. Parents often do not know how to respond.

How to Drug Proof Your Kids®, provides a forum where parents can discuss the challenges. It is also an opportunity to learn from the experiences of other parents. No one parent is an expert!

An Outline of the Program

How to Drug Proof Your Kids® is an education, prevention and intervention program developed by Focus on the Family® Australia, motivated by the increasing drug problem among young people and the frustrated attempts by parents to steer their children away from the harmful use of drugs.

