

# LOOK & LISTEN

- It takes a **VILLAGE**. Community watch group to monitor activities and behaviours.
  - Could your child's new **BEST FRIEND** be a bad influence?
  - What's in my **BACKPACK**. Paying attention to common items associated with using drugs (E.g. Lighters, extra or less money, drug paraphernalia, plastic "baggie")
  - Outside of **NORMAL**. Take note of changes in your child's eating habits and behaviour.
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- **ACTIVE LISTENING** think, feel and know what your child is trying to convey.
  - **NON VERBAL** and beyond. Interpreting body language and behaviours.
  - Do you **HEAR** what I hear? Feedback strategies. E.g. Responding and reacting without criticism.

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## PARENTS AS PREVENTERS



dreams

# TALK

- Discussing the **CONSEQUENCES** of drugs: e.g. distorted media perspectives, relationships and career planning.
- Keeping the lines of **COMMUNICATION** open 24/7. Conveying that you're there for them – **NO MATTER WHAT!**
- Involve your child in family discussions
- **PRAISE** over Criticism. Encourage your child when they do something positive

# ACT

- The **SAY** and **DO**. Exploring how action speaks louder than words.
- Eye of the **TEACHER**. Develop a relationship with your child's teachers.
- Family **RITUALS**. Create and maintain family rituals. E.g. Eating dinner, family time, camping at Easter.
- Parent **PARTNERSHIPS**. Planning drug free fun with other parents to keep children safe.