



# Parent Forum

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Parent guide // Let's have a conversation

## DRUGS 101

So you think you know it all? Think again.

The main source of alcohol for underage drinkers is their parents

Open and honest discussions on both sides are important to build trust and respect

Parents need to let their children know that they will always support them in making a safe decision, such as calling an ambulance to help themselves or a friend. Help them to make safe choices

Access to drugs is commonplace. Help your child say "no"

Fears and worries can get in the way of parents being able to talk to, and hear, young people properly

If your child develops a drug or alcohol problem, that is when they will need you the most



Statistics of substances 12 to 17-year-olds have ever used in a lifetime. Australian Government Department of Health and Ageing.

parentguides.com.au

## Let's have a Conversation (Peer Pressure)

### Wednesday March 27th

### 7.00pm to 8.30pm

### St Thomas Church Peninsula Drive Drysdale

Bookings:  
[www.trybooking.com/BBMIC](http://www.trybooking.com/BBMIC)

### Drugs 101 \ Let's have a Conversation (Peer pressure)

The editor and founder of Parent Guides, **Eileen Berry**, together with local experts in drug and alcohol addictions/behaviours from **headspace**, **Ambulance Victoria**, **Police Victoria** and the **Drug & Alcohol Unit University Hospital** will inform and spark open, honest and meaningful conversations with parents around all-things drugs.

Parent Guides use current research, experts and real stories to help make sense of an increasingly complicated world. There are no guarantees, but arming yourself with the best information can help. Each attendee will receive a 2019 Drugs 101 Parent Guide.