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## **Foreword**

As a parent, you want the best for your kids. That is the reason why when drugs are involved, you should be very careful in discussing everything about drugs especially the risks associated with these.

No parent, family or child is immune to the effects of a drug. Several kids may end up in trouble even if they are the best and have made some efforts to avoid drugs. In fact, even some were provided with a proper guidance from their parents end up abusing drugs for various reasons.

There are also particular groups of kids that may be more likely to use drugs compared to others. Kids who have friends who use drugs tend to try drugs too. So, it is important to know your kid's friends and parents as well. Always be involved with your kids' lives. If the school of your child is running an anti-drug program, you should get involved. This will might give you some knowledge, which you can use when talking to your children about the risks of drugs.

Parents are role models for children to the point that they greatly influence child's behavior and other aspects of their lives. Find some time talking to your children about drugs. In this book, you will the different ways on how you could explain everything about drugs and being connected to your children's lives.

### **Dealing with Drugs**

### **A Parents Guide To The Drug Talk**

# Chapter 1

## *Drug Basics*

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### *Synopsis*

Drugs are chemicals, which can change the way bodies work. If you have ever been sick and take medicine, you already have an idea about the different types of drugs. Medicines are drugs that doctors provide to those who are sick. But, did you know that even medicines can be dangerous if they are not taken carefully. There are some kinds of drugs that are dangerous all the time. These are not given by physicians or doctors. Cigarettes and alcohol are included in these kinds of drugs. Even if people can purchase these legally at stores, these can be dangerous. Illegal drugs are also harmful and these may include marijuana, LSD, heroin, ecstasy, and cocaine.

## **Different Kinds of Drugs**

You have probably heard that drugs can be bad for you. But, why are they bad? And what does that mean? Below are the different kinds of drugs you should be aware of for you to know their effects and impacts to your life:

### ***Medicines – The Legal Drugs***

If you are sick and you take medicine to feel better, you already know this kind of drugs. Medicines are considered as legal drugs. This just means that doctors are allowed to give medicines for patients. Store may also sell them and individuals are allowed to purchase them. However, it is not safe or legal for people to take medicines in any way they like or buy them from those who are selling these in an illegal manner.

### ***Alcohol and Cigarettes***

Alcohol and cigarettes are other kinds of legal drugs. In most countries, people who are 18 years old and above can purchase cigarettes and those who are 21 years old and above could purchase alcohol. However, excessive drinking and smoking aren't healthy for adults and are prohibited to kids.

### ***Illegal Drugs***

When individuals talk about drug problems, they typically mean abusing illegal or legal drugs including ecstasy, cocaine, marijuana, crystal meth, heroin, and LSD. Generally, marijuana is an illegal. But, due to its health benefits, some states let doctors recommend it to adults for particular illnesses.

## **Illegal Drugs: Why Are They Dangerous?**

Illegal drugs are not good for everyone. They are bad for teens and kids whose bodies are still growing. Illegal drugs could damage one's heart, brain, and some organs. For instance, cocaine can cause heart attack even in a teen or a kid.

While using such drugs, individuals are also less able to perform well in school, sports, and several activities. It is frequently harder to think clearly and create wise decisions. People may do dangerous or dumb things, which could hurt themselves or some people when using drugs.

## **Why Some Use Illegal Drugs?**

Sometimes, teens and kids try using drugs to fit in a group of peers. There are cases that they are bored or curious. Someone could also use illegal drugs for several reasons, but in most cases, they take these for helping persons escape from reality. Drugs might make someone feel better and forget about their problems temporarily. But, this escape could last only until drugs wear off.

Drugs do not solve problems. Using drugs could cause other problems aside from the problems you have. Somebody who is using these could become addicted. This just means that the body of the person may become so accustomed to have this drug that he or she can't do well without this.

Once you are addicted to these drugs, it is tough to stop taking them. Stopping may cause withdrawal symptoms including sweating, tremors,

and vomiting. Such sick feelings may continue until the body of the person has already adjusted to being free from drugs again.

### **How Would You Know If Someone Is Using Drugs?**

If someone is using such drugs, you will notice changes in how person acts or looks. Below are some of the signs, but it is also essential to remember that depression or another issue could cause such changes. Some who use drugs could:

- ✓ Lose interest in going to school
- ✓ Hang out with kids who are also using drugs
- ✓ Become negative, worried, cranky or moody all the time
- ✓ Want to be alone all the time
- ✓ Can't concentrate
- ✓ Sleep everytime especially during class
- ✓ Always gets fights
- ✓ Gain or lose weight
- ✓ Have runny nose all the time
- ✓ Cough a lot
- ✓ Have puffy or red eyes

### **What You Can Do to Help?**



If you think your kid is using drugs, the best thing you should do is to have some talk about drugs. Drug talk is essential most particularly if your kid is always curious about drugs and want to know if these are really risky or not.

When having a drug talk, you should understand about drugs and why these are dangerous. Being familiar with some terms like the following can be helpful:

- **Addiction** – Someone is experiencing addiction if she or he becomes dependent on drugs all the time.
- **Depressant** – Depressants are drugs that slow a person down. Physicians prescribe depressants in helping people be less anxious, angry or tense. Depressants can also relax muscles and make anyone feel less stressed out or sleepy. Several individuals can also use such drugs in an illegal manner to slow themselves down as well as help bring on sleep particularly after using different types of stimulants.
- **Stimulant** – Stimulants speed up the brain and body. Some of these are cocaine and methamphetamines. These have opposite of depressants. Typically, stimulants can make someone feel energized and high. When effects of stimulants wear off, a person will feel sick or tired.
- **Narcotic** – Narcotics dull the senses of the body and relieves pain. These may cause someone to fall into the stupor, sleep, slip into coma, and have convulsions. Particular narcotics like codeine are legal if provided by doctors in treating pain. Heroin is also an illegal narcotic as this has harmful side effects and can be very addictive.

- **Hallucinogen** – Hallucinogens are a drug like LSD, which changes the mood of the person and makes her or him hear or see things that are not really there or think of some strange things.
- **High** – This is the feeling, which drug users like to acquire when taking drugs. There are numerous kinds of highs like a spacey feeling or very happy, which someone has special powers like ability to see the future or fly.
- **Inhalant** – Like gasoline or glue, once sniffed could provide users an immediate rush. Inhalants generate a quick feeling of getting drunk, which can be followed by staggering, confusion, sleepiness, and dizziness.



# Chapter 2

## *Pick The Right Time and Have The Right Attitude*

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### *Synopsis*

Talking about drugs is a sensitive topic. That is the reason why you should pick the right time and have the right attitude when discussing about it. But, when is the right time and how to know if you have the right attitude to discuss drugs?



## **Knowing the Right Time and Having the Right Attitude**

Since talking about drugs is not the same as talking about the activities at school, you should always know the right time and have the right attitude for you to discuss successfully. There are several ways on how to know the right time and having the right attitude. Some of these are as follows:

- **Know Your Kid's Schedule**

Knowing your children's schedule is important if you want to pick the right time and have the right attitude. If your kids are busy with their school activities, don't interrupt them. The reason behind it is that they might not concentrate on what you are saying and could think of something that would allow them to accomplish their school activities. If possible, know your kid's free time or you could inform them in advance that you want to talk about something important so they could allot time for you.

- **Bond with Your Children First**

Bonding with your children first could let you set their mind and can allow you to pick the right time easily. Plus, you could quickly have the right attitude as you are all having fun with your bonding. But, when discussing about drugs, don't give them shocking introduction. Try to take it slowly but in a serious manner.

- **Make Sure to Discuss During Your Free Time**

Your free time is always the right time for you to discuss about drugs. Just make sure to focus on the discussion and turn off your devices so that if anyone calls you, you will not get distracted. However, even if it

is your free time, make sure that it's the free time of your children too. Through this, you and your children could focus and take the topic seriously.

- **Take Away Everything That May Disturb Your Discussion with Your Children**

Taking away everything that may disturb your discussion with your children will let them focus on what you say. If your kids are watching TV or playing games with their game consoles, you can tell them to turn it off first for you to have some talk with them.

Considering those mentioned details above will not just let you achieve success, but also you can guarantee that your kids have understood everything you have discussed. So, always pick the right time and have the right attitude.

# Chapter 3

## *Be Creative In Explaining The Risks*

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### *Synopsis*

Some surveys showed that there are kids who are not comfortable talking to their parents about what they feel and what they are going through. These are also those who aren't comfortable talking about how to stay free from drugs as well as excessive use of alcohol.



## **Tips When Talking about Drugs with Your Kids in a Creative Manner**

- ***Give Information Appropriate for Their Age***

Simple details repeated on important occasions must get the message across regarding the dangers of alcohol and drugs. For instance, if your kid is eating fruits, you can talk with them regarding how fruits are good and healthy for their body.

When it comes to drugs, if these are exposed in conversations or media, you can ask your kid if they know what this means. Tell them that those are addictive and could harm one's bodies severely. If they ask some details, don't hesitate to answer them.

The older your kids get, the more information they would seek. Make sure that you are updated with the drug names and how they could affect one's body so that you could give the right details. If you don't know all the answers, there are more facts you will find.

- ***Indicate Your Family Values***

Your children should know how you feel about using drugs and consuming alcohol. For instance, you could say that in your family, you don't agree taking any kind of drugs unless your doctor says so. It's quite dangerous to provide this on your own as this is a serious stuff. Several individuals have made mistakes in taking numerous drugs and they became sick and some already died.

- ***Tell Them about Your Beliefs***

Show your children that you always practice what you preach. Avoid drinking alcohol excessively if you want your kids to be responsible drinkers. If you are taking tons of vitamins, try doing it discreetly.

- ***Talk about Peer Pressure***

Your kids need to determine good friends from bad one. Good friends are always there to care and listen to them. People trying to pressure them into drinking, smoking or using drugs are not good friends.

Encourage your children to engage in different healthy activities like sports to be fit, feel good, and be energetic.

There are other ways you could explain the risks of drugs. Depending on what you believe in, you can explain that sometimes adults enjoy a glass of alcohol. Tell them that when alcohol is consumed too often, this would be the time that it is dangerous.

You should pick the right time to talk about drugs to your kids. Children are being exposed with various things like alcohol and drugs. Start encouraging them how they could take care of themselves as well as take pride in their healthy bodies.

If you don't know everything about drugs, there is nothing you should worry about as you can consider making a research. There are lots of resources available out there. However, make sure that they are accurate and would help you guide your children. If you don't know where to get started, asking help from experts can offer you a big hand.



# Chapter 4

## *Explain The Advantages of Being Drug and Alcohol Free*

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### *Synopsis*

For many individuals, getting off drugs and alcohol isn't the hardest part of getting rid of addiction. Living drug and alcohol free is the most challenging part. There are tons of reasons for this. One of these is some feel pain when fleeing. This pain can be the cause of abandonment, child abuse, being a gay or lesbian or loss of a loved one. There are not easy problems, but this can much harder if combined with the problem of recovering from drugs and alcohol.

No matter what your reasons why you started using drugs or alcohol, you should try your best to be alcohol and drug free. Once you stop using drugs or alcohol, you will be able to experience numerous advantages which you haven't thought of.

## **The Perks of Living in a Drug-Free Life**

Living in a drug-free life can provide more freedom compared to the artificial feeling of freedom you can get from being high. Drug users may try escaping through addiction. They may be stressful after work and use drugs to relax. Addiction doesn't provide a solution or healing. It can't also provide the benefits of living in a drug-free life, which may include the following:

### ***Family***

One of the most essential aspects in living a drug-free life is the family aspect. Drug addiction or abuse could tear families apart. Drug use may cause mood swings, violence, cheating, financial troubles, and lying. There are no numerous families that may remain standing during drug addiction, yet a drug-free life can let families heal.

### ***Stress Management***

Even if tons of people feel as if drugs take away stress, addiction and abuse do exactly the opposite. Once someone became dependent upon any drugs, just the thought of aren't being able to take another can be stressful.

Between trying to seek more drugs, hiding drug use from your loved ones and financial stress can be overbearing. No matter where you live, being drug-free can be less stressful.

### ***Career***

Living in a drug-free life will let you excel and keep your job. Some drug users find it hard to concentrate or care about their job. In addition to that,

addiction could also get you fired. You aren't only harming yourself, but also other people that surround you.

### ***Mental Stability***

Tons of drugs can cause mental health problems and these may often lead to addiction in drugs. Once this starts, this will require professional help and hard work to stop. Searching for a drug-free life may provide you much required mental stability.

### ***Wellbeing***

Your overall wellbeing is at stake once you abused any drug. This may include your friendships, values and priorities, physical health, and family. Living in a drug-free life can benefit you in each aspect of your life.

There are other benefits you could acquire from being drug-free. If you don't want to ruin your life and every aspect of your life, then don't hesitate to get rid of drugs and start stopping taking these. There are other things that you could do with your life. You don't need drugs to get rid of your issues or personal problems. Drugs are not solutions. These will just give you a relief for the meantime, but in the long run, this will start ruining your life.

### **Life without Alcohol**

For some, not consuming alcohol could be a difficult task. Though alcohol isn't really prohibited for people who are 21 years and above, it is always wise to drink moderately as addiction in alcohol could be dangerous and might ruin everything you have already achieved.

Not drinking alcohol could offer you healthy bodies and cheerful minds. You will not deal with hangovers and DUIs. Getting off your habit will assist you in maintaining a positive outlook, useful decisions, and live in a better life. Your work will improve. Your relationship and mind-set will improve including those with your own family. Overall, not drinking alcohol could benefit you in various ways. Below are some of them:

### ***Healthier Liver***

One of the numerous functions of one's liver is the alcohol's assimilation. Majority of alcohol that you consume is absorbed and metabolized into the body through liver. This body organ can only process half ounce of alcohol each hour. If you have consumed more, the liver can't process this and complications could arise in your vital systems because of the reason that your blood will have high content of alcohol. Moreover, if this goes unchecked for a period of time, your liver can be damaged permanently. You will also suffer from other liver disorders that are caused by alcohol. Getting rid of alcohol can offer you a healthier liver, which is a vital organ. Without this, no one will ever survive.

### ***Sharper Brain***

Because of alcohol, brain cells can be affected. Using too much of alcohol could result to lesions on one's brain. This can also damage the cognitive functions as well as memory. Those who are addicted to alcohol can sometimes lose one's ability to form long-term memory. Because of the alcohol's inhibition-lowering effect, this has been linked with the increased domestic violence, child abuse, and teenage pregnancies. On the other

hand, teetotalers may always maintain a grasp over themselves as well as be responsible for actions.

### ***Sound Heart***

Even if moderate wine consumption is renowned for reducing the risks of various heart ailments, majority of the alcoholic beverages have alcohol compared to wine and this may contribute to the HDL buildup instead of preventing it. That is the reason why if you don't want your heart to get damaged by alcohol, then live in an alcohol-free life.

### ***Improved Sex Life***

Prolonged alcohol abuse may cause hormonal imbalance in the body. This could result in the estrogen's hypersecretion that can lead to impotence of men and sexual dysfunction. Not consuming alcohol could provide anyone with stable hormone levels.

### ***Lesser Risk of Cancer***

Hormonal imbalance that caused impotence in men may lead to breast cancer to women. Alcohol is also been linked with different ailments of pancreas like the pancreatic cancer.

### ***Safer Pregnancies***

Placental barrier between the mother and her baby is permeable to the alcohol. If the alcohol is consumed by the pregnant woman, the fetus can be invariably affected. This can lead to miscarriage, severe congenital disorder or stillbirth in the baby. Even though you're not a teetotaler, alcohol must not be drunk when they are pregnant. Putting down alcohol can put you at lesser risk when you are pregnant so you can avoid medical complications.

## ***Avoid Obesity***

Alcohol may contain more sugar compared to fruits, yet no nutrients. This can lead to unhealthy weight gain. Obesity increases the chances of having a more serious problem like heart problems, diabetes, depression, and many more. This is very hard to minimize weight gained because of alcohol. During that time, one has realized this, but it is typically too late.

## ***Better Sleep***

Even though alcohol is depressants and cause drowsiness, this disturbs sleep patterns particularly in your sleep's second half. You have to take note that having a better sleep could let you do more and be more productive, which can be beneficial in your career especially if you have busy schedules.

## ***Improved Social Life***

Alcohol addiction could also cause social and psychological problems. As mentioned earlier, alcohol can cause hormonal imbalance in one's body, which can cause frequent insomnia, depression, dementia, and so on. Even though alcoholic beverages are also part of fabric of numerous cultures, alcohol's abusive overuse is often condemned through societal norms, which can lead to alcoholic becoming outcast. If you will not consume alcohol, you will be able to get rid of mental or psychological problems that could allow you to live in a more improved social life.

If being drug and alcohol free is a hard thing to do, there is nothing you should worry about. The reason behind it is that you can rely on professionals who could provide you some services designed to make your life much better. However, make sure to take it slowly. Don't force yourself

too much to avoid any inconvenience. Once you have successfully get rid of drug and alcohol, you will be able to enjoy all those mentioned benefits above.



# Chapter 5

## *Make Sure You Are A Good Role Model*

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### *Synopsis*

There is no such thing as being a perfect parent. Parents have the hardest jobs in the world. It's a special joy to raise kids, but this can be demanding, exhausting, and challenging. Plus, there is no day off. Each parent has bad days and good days. Yet, each day, you serve as a role model for your children.





## **Being a Good Role Model**

You have to take note that your child learns from what you say and what you do. Your child also thinks the same way like you do as well as copies your expressions. Before your kids go to school, they have also probably learned even more from than you ever wanted.

### ***Is It Something You Should Worry about?***

Your kid will grow up as well as have to make choices for grown-up. If you show restraint in terms of alcohol, gambling, and drugs, then there is a huge possibility that your kids will follow your example. If you're considerate to others and you control your temper, you child will likely copy your behavior.

### ***Are Other People Role Models for Your Child?***

Friends, uncles, aunts or grandparents that spend time with your kids are role models. A coach, teacher or neighbor may also be a role model. If your child learns more positive examples, the better.

Having an adult who cares can make a huge difference. Even when there is conflict or life is tough, if an individual supports and cares a child, this can also make a difference. If there's someone to stand by your kid no matter what, your kids will be able to get over the tough times.

Anyone may be a role model, yet main caregivers or parents have the most influence on the child. Even if your child is now a teen and does not seem interested in you, she or he is watching you as the role model.

### ***How Can You be a Good Role Model?***

Consider how your behavior affects your children. This is not likely that you may always be cheerful and calm. Well, no one is. Children need to see parents express real feeling in a healthy manner. If your kid has witnessed that you are dealing with your anger appropriately, she or he will learn this from you. If he or she watches you celebrating special occasions without taking alcohol, your kid will learn something. If you are facing a hard time and you are trying to escape it with drugs, gambling, and alcohol, your kid will remember it. Therefore, as your kid grows up, she or he will learn by your example. Your kid will also follow your example when coping with the challenges.

### ***What If You Make Mistakes That You Don't Want Your Kid to Copy?***

If you have problems in your family, even your kid can be affected. In most cases, children believe that they are the cause of the problem or they did something wrong.

You can assist your children by talking with them. Even young kids could understand your sincere apology. It is possible to be honest with your kid. You can say sorry and explain mistakes, yet you are doing your best to change. You should also tell your child that you love her or him that problems are not her or his fault.

### ***How Can You Teach Your Child about Some Positive Role Models?***

Talking to your child regarding the things that could happened to you when you are her or his age. Tell your children about someone who made a huge

difference in your life and tell them the reasons. This could someone you know.

Understanding the different individuals behave in various ways could help your child. Your kid could start thinking about who makes a role model.

No one said that it is easy to be a role model. But, it is not impossible that you can do it especially if it is for your child's sake.



# Chapter 6

## *The Dangers In Not Having a Drug Talk*

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### *Synopsis*

Some parents are too confident about their children's behaviors. They think that their children are wise and knowledgeable enough when it comes to drugs. But, did you know that even if your kid is the best in class, there's a possibility that he or she could abuse or be addicted to drugs? Well, this happens especially if you don't consider drug talk in your home. If you are a parent, you should pay importance to drug talk as there are dangers in not having this kind of conversation. So, what are these dangers?



## **The Consequences of Not Having a Drug Talk**

Drug talk is said to be one of the best ways for you, as a parent, to educate and guide your children about drugs. Even if you always have a busy schedule, don't take drugs for granted as you might end up facing a complicated situation that you might regret for the rest of your life. Though your schedule is hectic, you will always have your spare time. Instead of doing some activities at home, why not sit and talk to your children about their daily activities and let them know about the risks of taking drugs?

There are several dangers in not having a drug talk. One of these is that your kids might seek for answers with their friends who are already using drugs. In this scenario, your kids could also end up using drugs, which might ruin their future or worst – their lives. Since they don't have any clue about drugs and some of their friends said that they should try it once to know the effects, they could abuse and get addicted to the substance they are taking especially if the effects are good and they don't see anything bad about it.

Most children are curious about almost everything even with drugs. More often than not, there are instances that some kids would try using drugs to test if these are really bad and could ruin their lives. If they don't see anything negative about drugs, they would continue use these until they end up abusing these, which could be dangerous in the long run.

There are other dangers of not having a drug talk. If you want your kids to stay on the right direction, do not waste your time and start talking with them about drugs because there is always a difference in having a drug talk and not having it.