

How can I prevent my children from getting involved in Marijuana ?

- **Talk to your children** about the dangers of using marijuana and other drugs.
- **Remain actively engaged** in your children's lives. Even after teenage children enter high school, you can stay involved in your children's schoolwork, recreation and social activities.
- **Monitor your children's activities.** This can reduce future drug use, even among those adolescents who may be prone to marijuana use such as those who are rebellious, cannot control their emotions and experience internal stress.
- **Get involved** in drug abuse prevention programmes in your community or your child's school. Find out prevention programmes you and your children can participate in together.
- **Be informed.** Keep up to date with the latest information on drugs so that you can discuss issues openly without risk or giving wrong information. This can result in your child not believing in what you say.
- **Be a good role model.** Your decision not to use marijuana and other illegal drugs will reinforce your message to your children.



Marijuana leaves ready to be sold

- Be a good listener
- Give clear messages about drugs and alcohol
- Help your child deal with peer pressure to use drugs
- Get to know your child's whereabouts
- Supervise young people's activities
- Maintain an open and honest dialogue with your child

TIPS for Parents

You can HELP Your CHILD

Against the Dangers of Marijuana

For more information on marijuana and other drugs, please contact the:

National Substance Abuse Advisory Council (NSAAC)
Old Delainamasi Government School,
Nasinu

POSTAL ADDRESS:
P. O. Box 2565,
Government Buildings, Suva

TELEPHONE: 3394 144 / 3394 180
DIGICEL LINE: 7734 180
FAX: 3397 520 EMAIL: nsaacouncil@gmail.com



MINISTRY Health

Shaping Fiji's Health



National Substance Abuse
ADVISORY COUNCIL

A Parent's GUIDE

To Drug Abuse Prevention



You can help your

CHILDREN

Marijuana is a Dangerous Drug



MARIJUANA PLANT

It can spoil the health and well-being of children and adolescents at one of the most important points in their lives when they are growing, learning, maturing and laying the foundation for their adult years.

Children and young people start using marijuana for many reasons. These include:

- Curiosity
- The desire to fit into a social group
- The need to try something new after having started smoking alcohol
- Copying other family members (parents, grandparents and older brothers and sisters) who use alcohol and drugs.
- Having problems with their parents
- Having friends who use drugs and who urge them to do the same (peer pressure)
- Using drugs as the way of dealing with worry, anger, depression, boredom and so forth (psychological coping).

But, marijuana use is **not an effective method of coping with life's problems**

- staying "high" can be a way of simply not dealing with the problems and challenges of growing up.

How can I tell if my child is Using Marijuana ?

If someone is "high" on marijuana, he or she might:

- Seem dizzy and have trouble walking
- Seem silly and giggly for no reason
- Have very red, bloodshot eyes
- Tend to eat and drink more
- Have a hard time remembering things that have just happened
- When the early effects fade, he or she can become very sleepy



MARIJUANA JOINTS

Marijuana rolled in paper for smoking.

You should also be aware of:

- Signs of object and equipment used for drugs including pipes and rolling paper
- Odor or smell (similar to burning grass) on clothes and in the bedroom
- Use of incense, strong perfume and other deodorizers (to try and cover up the smell)
- Use of eye drops (to try and reduce the redness of the eyes)
- Use of clothing, posters, jewellery and other items promoting drug use

Regular use can result in some changes in your child's behaviour. Some examples are as follows:

- Withdrawal
- Depression
- Tiredness
- Carelessness with grooming
- Hostility
- Worsening relationships with family members and friends

Take control of your CHILD's Future !

Other changes that could be related to drug use are:

- A drop in academic performance
- Increased absenteeism or truancy
- Loss of interest in sports or other favorite activities
- Changes in eating or sleeping habits
- Unexplained need for money or disappearance of your money



MARIJUANA PIPES

Some pipes that are used for smoking marijuana

What should I do if I find out that My Child is Using Drugs ?

STAY CALM. Be willing to discuss things calmly as it may encourage your child to talk about what's going on.

GET THE FACTS. Try to discover why your child is experimenting with drugs. Try to learn as much as you can.

SHOW YOUR CONCERN. Make it clear that you love them and care about them, that you are concerned about their drug use and why.

CHOOSE YOUR MOMENT. There is no point trying to talk about this when you are upset or if your child is under the influence of drugs.

RECOGNISE THE PROBLEMS. Do not be afraid to seek help. Contact your child's school counsellor (if there is one), teacher or doctor/health worker. If not, you can contact one of the organization's that deal with these types of issues.

DON'T BLAME YOURSELF. Young people can experiment with drugs for lots of reasons.

You can help your CHILD !