

give the skills;
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Further Info

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LADA
Locals Against Drug Abuse

Parent to Parent Training Programme

Awareness
and prevention
of substance
use for Parents

The training will be
run by Stirling
Family Support
Service
and LADA.

Considers and
deals with
attitudes

Tools for
prevention

Communication

What is it?

'Parent to Parent' is a video based workshop for parents of preteens and teens. The goal is to train the participants in the skills; attitudes and abilities they may need to get their children through their adolescent years without significant drug or alcohol use. In the event that their child does develop an alcohol or drug problem, the participant is presented with a framework for recognising and dealing with it effectively.

How does it work?

Parent to Parent consists of 8 mini workshops dealing with different issues -

Video 1: Today's Toxic Culture

- Developing basic awareness
- The challenge of parenting today
- Character traits of effective parenting
- Seeks for a common ground for the group in terms of their perception of alcohol & drug use by young people

Videos 2 to 7

The heart of 'Parent to Parent'. Consists of 6 video presentations and is built around the acrostic PARENT as follows -

P

Put Yourself in the way

- Considers and deals with attitudes.
- Tools for prevention

A

Awareness is your Best Friend

- Awareness of normal development of a child.
- Increases confidence in ones' own ability to recognise a potential problem
- Crisis behaviours

R

Remember the difference

- The difference between children and adults. Some physical, emotional and legal.
- Teen years a time of passage with progressive empowerment of adult privileges
- Trust and consequences

E

Expect And Inspect

- Family - considers and evaluates own behaviour
- Considers importance of family values/family belief systems
- Young people will develop a belief system. Parents should be the role model.

N

Never Cry Alone

- Importance of feelings
- Communication
- Reality of emotions

T

Traps To Avoid

- This session explores the 7 traps which parents must help their Children to avoid

or

Take Time For Yourself

- Importance of healthy parents
- Looks at our sources of stress
- Some self management tips

Video 8: Building a Family Vision

- Understanding addiction
- Focus on behaviour
- Aims at motivating parents
- For those whose child is not using, to motivate parents to see that they do not start
- For those whose child is using 'socially', to motivate parents to see that they stop.
- For those whose child is already in trouble with alcohol or drugs, to motivate parents to intervene by seeking appropriate help and support.

