



**The McCusker
Charitable Foundation**

Tip 20 – Drugs and your kids.

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child's life.

More involved fathers and father – figures = better outcomes for children.

- Become involved - don't just leave it to others.
- Provide information, but not threats. Love, encouragement and listening are much more effective than threats.
- Help kids deal with pressure, e.g. to realise that is OK to say "no thanks, I will pass".
- Be aware of new drugs that become available - what they are made of and what impact they have - and know what symptoms to look for in a user.
- Talk with your kids (even pre-teen, if appropriate) about drugs and the dangers, and their awareness of drug availability and use in their area, school or even peer group.
- Talk to your children about peer pressure & non- accusatory strategies to 'pass', such as 'I am playing sport tomorrow', or 'I feel sick'.

The Fathering Project is not a counselling service; we are seeking to inspire and equip fathers and father - figures to engage with their children.



If you would like more information about The Fathering Project, you can contact me:
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