



I spend time with my children.

I respect their feelings.

I talk to them about drugs.



I decide.



1. Spend quality time with your child

- ▶ To be able to influence your child, you have to interact with him or her personally.
- ▶ Listen to your child: pay attention, don't interrupt, wait until your child has finished and then share your views.
- ▶ Respect your child's feelings.
- ▶ Keep your child busy (sport, hobbies, music), but do not pressure them to always win.

2. Set a good example

- ▶ Your child uses you as a role model: if you abuse drugs and alcohol, they may imitate you.
- ▶ Children want structure in their lives: they behave more responsibly when parents set the limits and are fair.

WHAT YOU CAN DO
Preventive steps

3. Relate to your child's friends

- ▶ Do not belittle your child - especially in front of peers.
- ▶ Get to know who your child's friends and their families are.
- ▶ Invite your child's friends over to your house and get to know them.
- ▶ Know where your children are and who they are with.



4. Teach your child refusal skills

Some ideas for your children:

- ▶ Say: "No thanks, I'm fine without drugs!"
- ▶ Leave the scene.
- ▶ Change the subject.
- ▶ Suggest a different activity.
- ▶ Give a reason why it's a bad idea to use drugs.
- ▶ Laugh it off.

AND IF THE WORST HAPPENS...

If unfortunately your child is taking drugs, where can I take him or her for treatment and rehabilitation?

Many government hospitals such as All India Institute of Medical Sciences (AIIMS) have de-addiction centres for treatment. There are also a number of de-addiction centres run by NGOs and aided by the government. (See the list of help lines for a relevant hospitals and de-addiction centres.) There are also a number of private doctors and clinics who offer de-addiction services.

Consult a doctor first. He or she will be able to give you the most practical suggestion.

Helplines

Society for Promotion of Youth and Masses,

SPYM Centre, 111/9,
Opp. Sector B-4, Vasant Kunj, New Delhi-110070
Ph.(011) 2689 3872 Fax: (011) 2689 6229
spym@vsnl.com

Bapu Nature Cure Hospital & Yogashram (BNCHY)

Gandhi Samarak Nidhi, Patparganj, Delhi-110 091
Ph.(011) 2275 3360, 2279 5205
Fax:(011) 2279 5254

Sahara House

E-453, Greater Kailash II, New Delhi 110048
Ph.(011) 29219147
saharahouse@vsnl.com, www.saharahouse.org

Sharan

W- 127, Greater Kailash II, New Delhi- 110048
Ph (011) 41642311, 41642322
Fax (011) 41638569
sharanindia@vsnl.com, www.sharan.net

Sanjivini,

A-6, Qutab Institutional Area,
Satsang Vihar Marg, New Delhi-110067,
Ph.(011) 26862222, 26864488
Defence Colony Centre
H Block (North) Under Defence Colony Flyover
Jangpura Side, New Delhi-110024
Ph.(011) 24311918, 24318883

Navjyoti Delhi Police Foundation,

Drug Demand Reduction Training Institute
Khasra No.99, Village Mohammadpur
Majri karala, Delhi-110081
Ph.(011) 25953095, 25953056
navjyoti@vsnl.com;nav_ddrti@rediffmail.com
www.navjyoti.org;www.drughelpline.org

Chelsea Akanksha Care & Support Home

B 17/4, West Jyoti Nagar, Shahadra, Delhi-110093
Ph.(011) 22130451
wagchelsea@vsnl.net, wagchelsea@yahoo.com

www.unodc.org



Ministry of
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Office on Drugs and Crime