

Family Problems with Drugs or Alcohol?

What is a DRUG?

A drug is something you take by swallowing, smoking, sniffing or injecting with a needle.

Some drugs are given to you by the doctor to make you feel better if you are ill.

Other drugs are taken by people to make them feel happy or stop them feeling sad.

NICOTINE is a drug found in cigarettes. People may enjoy smoking cigarettes even though they know they are not good for them.

ALCOHOL is a drug found in drinks like beer, wine, gin, vodka, whisky. Most people who have a drink at home or in the pub find it helps them to relax and feel happy. BUT too much Alcohol can also change the way you act. If you drink too much you might crash your car because you can't drive properly. It can also make you do or say stupid things that you would not do if you had not had a drink. People can sometimes become mean, argue or even start fights.

COCAINE, CRACK, CANNABIS, LSD, AMPHETAMINE, ECSTASY AND HEROIN ARE ALL DRUGS THAT ARE ILLEGAL

Some drugs are more dangerous than others, but all drugs can cause problems for those who use them and for people around them. People can get high, get drunk, act mean or weird. Using drugs or alcohol can become a habit.

What is a HABIT?

A habit is something people have done so often they do it without thinking about it. Some habits are good such as brushing your teeth, but some are bad such as picking your nose! Some people have trouble stopping the habit of taking drink or drugs even when they know they are harming themselves or other people. Sometimes when people have been using drink or drugs for a long time it makes them feel ill when they stop. This makes it very hard for them to give them up.

Children cannot cause or stop their parents having a problem with drink or drugs

Drugs and drink can make people act bad. Sometimes it means that people have a hard time showing they care or love you. **All families have problems** but problems caused by drink or drugs can be hard to live with and talk about. People can feel they are alone and have no one to talk to. Some families have unfair rules to try to make things seem OK such as **Don't tell anyone our secret** or **Don't trust other people**. These rules can be very confusing and upsetting.

BUT EVERYONE NEEDS HELP FROM OTHERS SOMETIMES

Children and Young People can ask for help. There are places that can help you and your family.

Talking to someone you trust like a teacher, youth worker, friend or other relative could help. Carers Lewisham Young Carers can also help support you and your family

REMEMBER

- **YOU NEED AND DESERVE LOVE AND ATTENTION, HEALTHY FOOD, SHELTER AND PROTECTION.**
- **EVERYONE NEEDS A PLACE THEY CAN FEEL SAFE**

You are an important person but you may not be able to solve your families problems. You do have the right to look after yourself and with the help of some of the people above you may find things are easier to cope with.

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