



STUYVESANT HIGH SCHOOL'S SPARK PROGRAM



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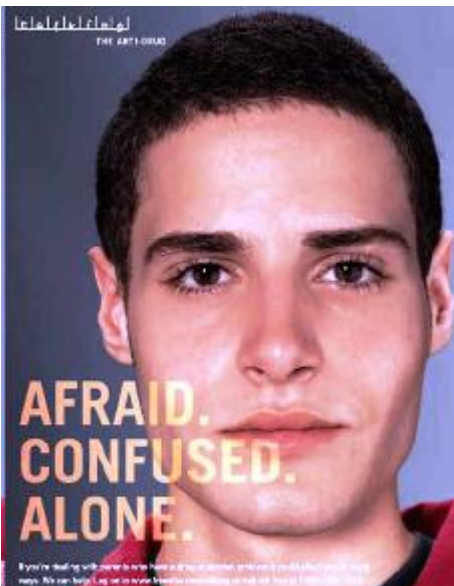
LIVING with SOMEONE WHO DRINKS TOO MUCH OR USES DRUGS

- Are you worried that your mom or dad drinks too much or uses drugs?



- You're right to be concerned – about their safety or health, about what will happen to you, about their embarrassing you or criticizing you unfairly, about breaking promises, about driving under the influence, and about lots of other things that create unpredictability and confusion.

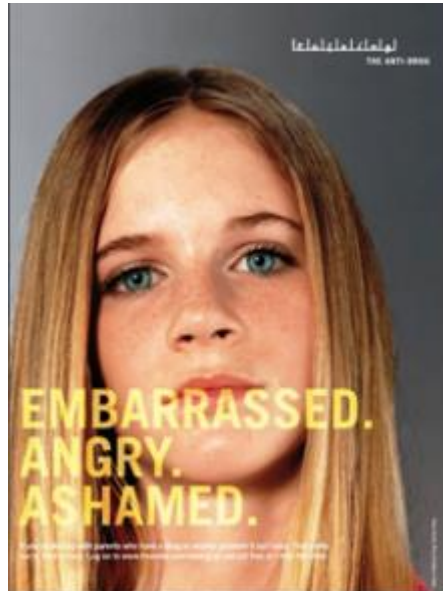
- While you can't stop your parent from drinking or using, you can make things better for yourself.



- If you know someone or have a friend in this situation, share this list with him or her.

Learn more at the National Association for Children of Alcoholics website:
www.nacoa.org and/or
www.shoutinginside.com/

- One in four kids under age 18** lives in a family where a person abuses alcohol or suffers from alcoholism. Countless others are affected by a family member's use of drugs. **So you are not alone.**



- Addiction to alcohol or drugs is a disease.** When one member of the family has this disease, **all family members are affected.**



- You didn't cause it and you can't cure it.** You need and deserve help for yourself.
- It's important to find caring adults who can help you.** Talking with them really helps. Find an adult – a teacher, school counselor, friend's parent, doctor, grandparent, aunt or uncle or neighbor – who will listen and help you deal with problems at home.

- Join a support group.** They're great places to meet other young people who are struggling with the same problems at home that you face. To find a local support group, talk to your school counselor or social worker.

Alateen

Younger people come together to: share experiences, strength, and hope with each other discuss their difficulties learn effective ways to cope with their problems encourage one another help each other understand the principles of the Al-Anon program learn how to use the Twelve Steps and Alateen's Twelve Traditions

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Or join **ALATEEN**, a group for teens who are affected by someone else's alcohol or drug use. **To find a meeting near you**, look in the phone book under ALATEEN, **ask your school counselor or any adult you trust**, visit the website www.alateen.org or call **1 888 425 2666 toll free.**

- Get involved in activities at school and in the community** where you can hang out with other young people, use your special talents and strengths and learn new skills while you are having fun.
- Even if the person with the disease doesn't get help**, you can still get the help you need to feel better and to have a safe and productive life. **Here is some food for thought:**

THE SEVEN Cs

- I didn't CAUSE IT!**
- I can't CURE IT!**
- I can't CONTROL IT!**
- I can help take CARE of MYSELF by COMMUNICATING my feelings.**
- Making healthy CHOICES and CELEBRATING MYSELF!!!**