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.

1. 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.

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

3. You didn’t cause it and you can’t cure it. You need and deserve help for yourself.

4. 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.

5. 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.

6. 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.

7. 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.

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!!

* Project Towards No Drug Abuse Education Series Courtesy of Angel Colon and Stuyvesant High School’s SPARK Program