

## What to do if my child has already been addicted for a considerable time?

- » Express your attitude towards drugs and addiction clearly.
- » Discuss problems frankly.
- » Discuss the negative effects of addiction: for the young addicts themselves and also for their community.
- » Give financial support only when you are convinced that the money will not be used for addictive drugs.
- » Talk to your child. Your child needs support!
- » Together with your child, contact a drug counselling center and/or education counselling center in the youth welfare service as soon as possible.
- » Also seek a parents' or dependants' self-help support group.

**You ought to know that you will not be able to cope with the problem by yourself. You and your child need professional support, so contact us, Berlin's Drug Emergency Service (Drogennotdienst) or a drug counselling centre in your neighbourhood.**

Supported by the Youth and Family Foundation of Berlin (Jugend- und Familienstiftung des Landes Berlin).



We extend our gratitude for the kind support of Berlin's Community Interpreting Service (Gemeindedolmetschdienst Berlin).

## Other useful addresses:

**Drug Emergency Service – Youth and Anti-Addiction Assistance Center  
Drogennotdienst – Jugend- und Suchthilfezentrum**  
Ansbacher Str. 11 | 10787 Berlin  
Phone: 030-192 37 (24 hour service)

**Parents of minor drug addicts group  
Elternkreise drogenabhängiger Jugendlicher  
Landesverband Berlin/Brandenburg EKBB e.V.**  
Ansbacher Straße 11 | 10787 Berlin  
Phone: 030-25 75 97 29

## We are there for you: Special office for drug prevention in Berlin Fachstelle für Suchtprävention im Land Berlin

Mainzer Straße 23 | 10247 Berlin  
Phone: 030-29 35 26 15  
Telefax: 030-29 35 26 16  
E-mail: [fachstelle.suchtpraevention@padev.de](mailto:fachstelle.suchtpraevention@padev.de)  
[www.berlin-suchtpraevention.de](http://www.berlin-suchtpraevention.de)

### Office Hours:

Monday, Tuesday,  
Wednesday, Friday: 10:00 am – 6:00 pm  
Thursday: 10:00 am – 8:00 pm

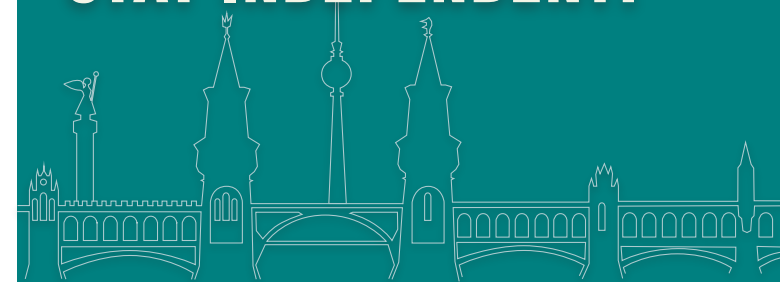
The special office for drug prevention is a project of pad e.V., – a recognized agency of the independent youth welfare services and a member of the Parity Charitable Association.

### pad.e.V. Office

Kastanienallee 55 | 12627 Berlin  
Phone: 030-93 55 40 40  
E-mail: [info@padev.de](mailto:info@padev.de)  
[www.padev.de](http://www.padev.de)



# STAY INDEPENDENT!



## Is my child in danger?

- Ist mein Kind in Gefahr?
- Est-ce que mon enfant est en danger?
- Çocuğum tehlikede mi?
- هل أو لادي في خطر؟
- Мой ребёнок в опасности?
- Czy moje dziecko jest w niebezpieczeństwie?
- ¿Está mi hijo en peligro?
- Có phải con tôi bị nguy hiểm?

How to talk with your child about the dangers of addiction –  
Helpful information for parents

FACHSTELLE FÜR  
**SUCHTPRÄVENTION**  
IM LAND BERLIN

## How can you protect your child against all kinds of abuse?

### Abuse can be:

alcohol, cannabis, tobacco, medications, and ecstasy

There are no reliable signs of abuse..

### Signs of abuse can be, for example:

Staying in and just watching TV or using the computer until »one drops dead« instead of doing sports, playing or going out with friends.

- » Talk to your child.
- » Express your concerns, opinions, ideas and views to your family, acquaintances, your child's friends and others about the dangers of becoming addicted.
- » Talk about what is published in the newspapers.
- » Talk about persons whom you think are victims of abuse.
- » Talk about the difference of being an adolescent and an adult.

### Stay in contact with your child – at any time!



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## How to prepare a dialog with my child?

- » Agree with your partner on a common procedure. Pull on together.
- » Take enough time for a family dialog in a calm atmosphere – without any reproaches!
- » Name your concerns. The clearer, the better!
- » Be aware that your child probably sees abuse less a problem than you do. Your child may regard his or her consumption as useful or »normal« behaviour.
- » Think about real situations, be careful what to agree upon with your child.
- » Learn about addiction and drugs as well as about assistance and counselling services.
- » Your child may probably confront you with your own consumption – explain the meaning and differences between adolescents and adults. Make clear that in this dialog, your child's behaviour is the main concern, not yours.

## How do I talk to my child if I have a suspicion?

- » Be frank and specific when you talk with your child about what has caught your attention. Do not ignore anything, but don't exaggerate either.
- » Express your concerns.



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- » Listen to your child's point of view and ask for more details, if necessary. Stay calm and take your child's problems seriously.
- » Speak out in a clear and objective manner what you expect from him/her. Make realistic demands your child is able to cope with.
- » Tell your child what you will do, if he/she does not do anything to change the situation. Express what consequences you are willing to take, and comply with them. Avoid using unrealistic threats.
- » Do not expect a perfect solution after the first dialog. Offer support to your child.
- » Refer to other resources: teachers, friends, or contact your education and family counselling center!