Prevention by Parenting

ECAD Conference in Riga, Latvia, January 27, 2016

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Hands on (or Hands off) - parenting

♦ Parents monitor what the teenager is watching on TV and Internet

♦ Parents know where the teenager is in evenings and weekends?

♦ Parents are very aware of how the child is doing in school

♦ The family eat dinner together often, without TV and phones

♦ Parents decide daily duties for the teenager

♦ Parents control that the teenager is telling the truth

♦ Parents decide what time to come home

♦ Parents have made clear they would be "extremely upset" to find the teenager using drugs, alcohol or tobacco
Comparison of amounts in parental acting
1000 telephone interviews with youngsters 12-17 y o a

Conclusion:
"hands off group" has a four times higher risk of substance abuse compared with "hands on group"

Source: Columbia University-based National Center on Addiction and Substance Abuse
High Risk Teens (ca 20 percent of 12 to 17 y o a)

- Most are smoking cigarettes
- Most get drunk every month
- Most have friends using cannabis
- Most know a friend using acid, cocaine or heroin
- Most could buy cannabis in less than one hour
- A vast majority have tried cannabis
- Most say "likely" about future drug use
What’s the solution? **LOVE AND LIMITS**

some effective tools

- Parents are networking with other parents
- Parents monitor streets and shops
- Common rules in the neighbourhood
- Family rules with agreement
- Parents support future dreams
- Nice activities, parent and one child together
- Parents encourage, have expectations and give compliments
- Parents give consequences for bad behaviour
Hands on or Hands off parenting (example)

♦ Who are you going to meet?
♦ What are you going to do?
♦ Where are you going to be?
♦ When do you think it's time to come home?
♦ How are you getting home?