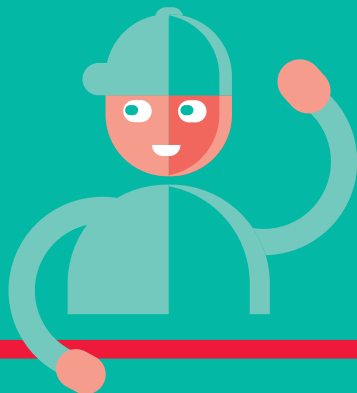


**IS USING ALCOHOL,
CIGARETTES/VAPES
AND DRUGS
DANGEROUS?**



YOUR CHILD AND ALCOHOL, CIGARETTES/ VAPES AND DRUGS



**{ HELDER
OP SCHOOL**

**WHAT CAN
YOU DO?**

IS USING ALCOHOL, CIGARETTES/ VAPES AND DRUGS DANGEROUS?

YES, using alcohol, cigarettes/vapes and drugs involves additional risks for young people:

- It's bad for their health and for their development.
- Your child could end up with problems at school.
- Or your child could have an accident, for example.
- If your child starts using alcohol, cigarettes/vapes or drugs at an early age, there's also a higher risk of addiction.

WEBSITES

FOR PARENTS

www.helderopvoeden.nl

FOR YOUNG PEOPLE

Alcohol, hashish and weed:

www.bekijkhetnuchter.nl

Smoking:

roken.steffie.nl

WHAT CAN YOU DO?

1 AGREE CLEAR RULES

- Tell your child what you will and won't tolerate.
- Explain that you want to protect your child.
- Explain that different rules apply to young people than to adults.
- Agree what will happen if your child doesn't abide by the rules.
For example, no gaming for a couple of days. Or extra chores around the house.

2 DON'T GIVE YOUR CHILD ANY ALCOHOL, CIGARETTES, VAPES OR DRUGS

- Not even as a one-off at a party.
- Make sure you are clear about the rules.

Want more tips?
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