

Some ways parents block communication

Discussing alcohol use with young people can be difficult. There are a range of styles that block effective communication. Consider how a discussion could go or how someone might respond if you use any of the following communication styles.

- Advising – “Why don’t you...” or “It would be best if...”
- Ridiculing – “Ok you might think you do but you don’t know it all...”
- Sympathising – “Don’t worry you will feel better soon...”
- Ordering – “You must...” or “you have to...”
- Warning – “You’d better do it, if you don’t...”
- Diagnosing – “I can tell you what’s wrong with you...”
- Undermining – “You are nothing but...”
- Lecturing – “Do you realise what the facts are...”
- Moralising – “You should do what’s right...”
- Interrogating – “Why?” “who?” “how?”
- Judging – “You’re in the wrong and acting stupidly...”

Some ways parents can encourage communication.

- Inquiring – “What do you think?” “What do your friends think?”
- Respecting – “I have confidence in your ability to make good choices ...”
- Empathising – “I have felt that too ...”
- Negotiating – “Maybe we can agree to ...”
- Exploring – “What happens when you ...”
- Understanding – “I know it might be difficult for you...”
- Reinforcing – “You have the strength of character to ...”
- Informing – “There is some information about ...”
- Ethical exploration – “What do you think would be the right thing to do? Why?”
- Sharing – “What happened to me once ...”
- Hypothesising – “What might happen if ...”

Information and support

If you're having difficulties dealing with any of the topics outlined in this booklet you don't have to go it alone. There are alcohol and other drug services in your community that can provide professional assistance and information. The listings below provide current information, support and referrals to services available in your area.

Manly Drug Education and Counselling Centre (02) 9977 0711

91 Pittwater Road, Manly 2095

Alcohol and Drug Information Service (02) 9361 8000

A free 24-hour, state-wide, confidential telephone information and support service for parents concerned about alcohol and other drug use.

Family Drug Support 1300 368 186

A confidential telephone information and support service for parents and families concerned about alcohol and other drug use. Callers can speak to a trained parent volunteer who has experience with a child using alcohol and other drugs.

Other useful contacts

Emergency/Ambulance 000