



M.M. PUBLIC SCHOOL

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Prevention and intervention of substance abuse/ use of intoxicants

Dear Parent,

Parental intervention is crucial in dealing with substance abuse / use of intoxicants along two major lines:

- Prevention
- Psychological intervention

As it is rightly said that prevention is better than cure –

- Educate your child about effects of drugs of every kind. Discuss during family discussions. Challenge their thinking by asking their opinions on issues related to substance abuse/ use of intoxicants.
- Maintain loving, caring relationship within the family. A home should reflect a circle of love, support, respect, forgiveness and balance.
- Teach your child with coping skills to deal with the ups and downs of life in a healthy manner.
- The apple does not fall far from its branch, if you are abusing any sort of substance, be aware, your child is watching you.

PRINCIPAL