



Aussie kids face tough choices in their teen years

- By 14 years old, 70% of kids have used alcohol
- By 17 years old, 1/3 have used marijuana
- School kids smoke 3,500,000 cigarettes a week

Sadly, alcohol and other drugs are the number one cause of serious injury and death in young people

You can steer kids away from the harmful use of drugs!

The new How to Drug Proof Your Kids® responds to the needs of parents as they deal with the very real and complex issue of drugs

'Extensive research shows that parents and families play a crucial role in reducing the risk of harmful drug use, including alcohol'



www.families.org.au

How to Drug Proof Your Kids is:

Local People Delivering a Local Solution

Session 1:
Our National Drug Policy
What do the statistics say?
Messages from parents and media



Session 2:
Risk and protective factors
3 Keys to unlocking happiness



Session 3:
Growing independence
Ways of parenting
Safe drinking – Latest Guidelines



Session 4:
Six keys to communication
Problem solving



Session 5:
Importance of peers & parents
Building strong networks



Session 6:
Family traditions and rituals
Building positive kids



A parenting program

Aimed at parents of 8 to 14 year olds and based on world-best parenting practices

Prevention focused

Helping parents prepare and equip their children to make wise, healthy choices during the adolescent years

Evidence based

Written in consultation with experts in the field and based on validated research

Interactive

Connecting parents so that it builds individual and community capacity

Community based

Delivered in your community by local facilitators trained by Focus on the Family Australia

“We think the program has a very sound logic by which it can take parents through a number of steps and changes they can make, that will lead their children to a healthy future”

Professor Toumbourou
Head of Health Psychology,
Deakin University

Become a DPYK accredited Facilitator

DPYK uses a peer-to-peer approach to deliver programs. If you have a passion for families, you can be trained by Focus on the Family Australia, to deliver the DPYK program to parents in your local community

Your investment

Contact Focus for costings

You receive

1 days comprehensive training covering

- the latest research and trends in drug and alcohol
- the skills needed to promote and present the DPYK program
- adolescent development and successful parenting practices

A full program package including

- facilitator and parent manuals
- promotional materials
- multimedia resources
- exclusive access to the facilitator website
- ongoing support and updated resources

Accreditation with Focus on the Family Australia

**For further information
or to register visit
www.families.org.au
or call 1300 300 361**

