



Safeguarding Tip of The Week



Substance Misuse

How do alcohol and drugs affect parenting?

Most parents or carers who drink alcohol or use drugs do it in moderation and are not a risk to their children. But if their drinking or drug use becomes harmful, this is substance misuse and it can stop them from providing safe care for their children.

So, it's important that parents and carers can get support if they're concerned about their drinking or drug use. We've got advice and support services for parents or carers who are worried about how their habits affect their children.

Help for children

They can talk to Childline online or by calling 0800 1111 at any time 24/7. There's also useful advice on the Childline website for children worried about their parents' drug use or their parents' drinking.

Where to get help for drugs

A GP is a good place to start. They can discuss your problems with you and get you into treatment.

They may offer you treatment at the practice or refer you to your local drug service.

What is substance misuse?

Substance misuse is when someone's drinking or drug use becomes harmful or dependent.

By 'harmful' we mean when someone puts themselves or others in danger. They might continue to drink or take drugs even if it puts them at risk of illness, psychological problems or physical accidents.

Dependent drinking or drug use is when someone craves alcohol or drugs and continues to use them even though it causes them social, health or even financial problems.

How does substance misuse affect children?

Living in a household where a parent or carer misuses substances doesn't mean a child will experience abuse but it can be a risk.

Substance misuse can have negative effects on children at different stages in their lives.

During pregnancy, drinking and drug use can put babies at risk of birth defects, premature birth, being born underweight and withdrawal symptoms.

In later years, substance misuse can put children at risk of:

- physical and emotional abuse or neglect
- behavioural or emotional problems
- having to care for their parents or siblings
- poor attendance at school or low grades
- experiencing poverty
- being exposed to drugs or criminal activity
- being separated from parents

Support Agencies

CRANSTOUN
Empowering People, Empowering Change

FRANK
0800 77 66 00 talktofrank.com
Friendly, confidential drugs advice

withyou

NHS

DECCA
Drug Education, Counselling and Confidential Advice