

Do you know what they're doing tonight?

- Are you worried where your son or daughter is going at night and what they're doing?
- Worried about who they are hanging about with?
- Concerned they may be drinking, getting into fights or even carrying a weapon?

There may be no need to worry, but as a parent you can help protect them by understanding the issues, looking out for the signs and getting further help if you need it.



If you have a concern about a child or young person using alcohol or carrying weapons, you should seek advice and support as soon as possible. At ParentLine Scotland we won't judge you. We are here to listen to your concerns and to offer support to deal with the things that are worrying you.

Don't wait, call us now on **0800 028 2233** or you can email us at parentlinescotland@children1st.org.uk



VIOLENCE
reduction unit

Violence is preventable, not inevitable.

ParentLine Scotland is a service provided by CHILDREN 1ST. Registered Scottish Charity No. SC 016092.

need to talk?
Contact ParentLine Scotland
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What you can do

If you're worried, talk to someone. If we want young people to be happy and healthy, safe and secure, we need everybody to know how to help protect children and young people.

Here are some helpful tips:

- set a good example – if you deal with conflict without violence and have a healthy attitude to alcohol, it's more likely your child will too
- talk to your son or daughter – remind them you are always there for them
- conflict is a normal part of growing up – it's how we deal with it that's important
- do not judge them - discuss their hopes, fears and worries
- praise your child and acknowledge their achievements
- encourage them to think about the risks of their behaviour
- getting to know their friends and their families
- become more involved with their school and activities like homework
- discipline consistently - set limits and boundaries and keep to them
- don't be afraid to discuss the issues of alcohol, fighting or weapons directly. Use reports relating to alcohol or weapons in the news or locally as a way of discussing issues with them.

Alcohol:

**Worried your child might be drinking?
Five signs a young person might be drinking are:**

- smell of alcohol; eating mints or chewing gum
- mood swings, secretive behaviour or becoming withdrawn
- no longer interested in or doing badly at school
- mixing with new or older friends that you don't know
- losing interest in their usual friends or activities

Drinking alcohol can make young people act in ways they wouldn't normally and they are far more likely to put themselves at risk. This may be through sexual activity, fighting or even considering using a weapon

Weapons:

Reasons a young person might carry a weapon:

- for protection
- because their friends are
- to gain status or respect

I'm worried about my child – what now?

They may be scared or unwilling to talk, so it's important they know you're there to listen and support them. It is really important that you do something and you act early.

There are lots of simple, effective ways to talk about these issues. Tips are available at www.parentlinescotland.org.uk or contact ParentLine Scotland by calling **0800 028 2233** or emailing parentlinescotland@children1st.org.uk.

The law and the risks

To find out what the legal consequences are of your son or daughter drinking alcohol or carrying a weapon, visit www.parentlinescotland.org.uk and download our factsheet.

