

Euporama



Your well-being is our challenge

Summer temptations?

In some countries summer holidays have already started, in others they are still to come. Even though this period is usually associated with nice things such as leaving on vacation, having a barbecue, relaxing... it can sometimes be a difficult time for parents. Children are at home for a long period of time, and this may lead to 'experiments' with smoking, drinking or blowing. This may lead to heavy, sometimes even violent discussions with their parents.

Youngsters rebelling against their parents' values and experimenting with alternative behavior... it is of all times and of all generations. Nothing to be worried about as such. Parents should give their children the necessary space to discover themselves. In general, things fall into place after a while. However, sometimes your child's behavior can become problematic. What are the facts?

Drinking - Alcohol



• Facts

More than half of 17 up to 18 year old use alcohol on a regular basis, 20% drink to get drunk and a large number of students – especially those staying in a student residence – have a genuine alcohol problem.

• Risks and consequences

For youngsters, the use of alcohol can have several negative consequences on – among others – the development of the brain and the cardiovascular system. It could also lead to cancer.

• Suggestions and recommendations

Health specialists advise young people not to start consuming alcohol too early in life. Their recommendations:

- under 16: no alcohol at all
- under 18: no liquor
- between 16 and 18 years old: no more than two glasses per occasion, no more than two days a week and no weekly habit.

However, the safest option for children and young adolescents remains not to use any alcohol at all.

In this edition of Euporama we provide an overview of some facts on drinking, smoking and blowing amongst young people. What are the risks and consequences and how can you support your child to handle this kind of temptations in a responsible manner.



Cannabis



• Facts

Amongst young people in between 12 and 18 years old, cannabis is the most frequently used illegal drug. 50% of all European youngsters have already been presented with cannabis, and 30% of them has already used it.

• Risks and consequences

Using cannabis has negative effects on lungs, respiratory system, cardiovascular system, brain development ... and can lead to cancer.

• Suggestions and recommendations

As a parent you should be alert for signals that can point towards the use of cannabis, such as:

- red eyes
- increased appetite
- disturbed balance
- memory problems
- nervousness

Tobacco



• Facts

Half of all college students has already smoked, 20 up to 25% of them are daily smokers.

• Risks and consequences

Smoking is bad for lungs, respiratory system, cardiovascular system... and can lead to cancer.

• Suggestions and recommendations

Smoking is bad for everyone, especially for young people: it remains one of the most addictive and noxious drugs.

What can you do as a parent?

A lot of parents find it difficult to discuss the above subjects with their children. They often think it isn't at issue (yet).

Nevertheless it is important to discuss these things with your children before they start to experiment. By doing so you will create an openness around these subjects, and you will help your child to become resilient and handle these kind of summer temptations in a responsible manner.

It is also important to establish clear rules as a parent and to apply these in a consequent manner. Children are in need of clarity and boundaries. If possible, try to take into account your child's opinion.

It will make it easier for your child to respect the rules.

Finally, a parent needs to 'lead by example'. Children will more easily accept they are not allowed to drink alcohol, if their parents do not drink too often or too much themselves.

If things threaten to go wrong or all of a sudden it becomes very quiet at home, try to talk about the issue. Look for the underlying problem causing your child's behavior. The EAP can help you with this. You can consult EAP as a parent, but also your child can call upon the program. If needed, you can both get support from different counselors. Don't wait too long, try to deal with it rapidly!

Should you have questions on this subject or if you would like to discuss your personal situation with a counselor, do not hesitate to contact your EAP using the toll free number:

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