

# Prevention by Parenting

ECAD Conference in Riga, Latvia, January 27, 2016

Project leader Mr Jörgen Larsson  
[jorgen@prevochinfo.se](mailto:jorgen@prevochinfo.se)  
[www.prevochinfo.se](http://www.prevochinfo.se)

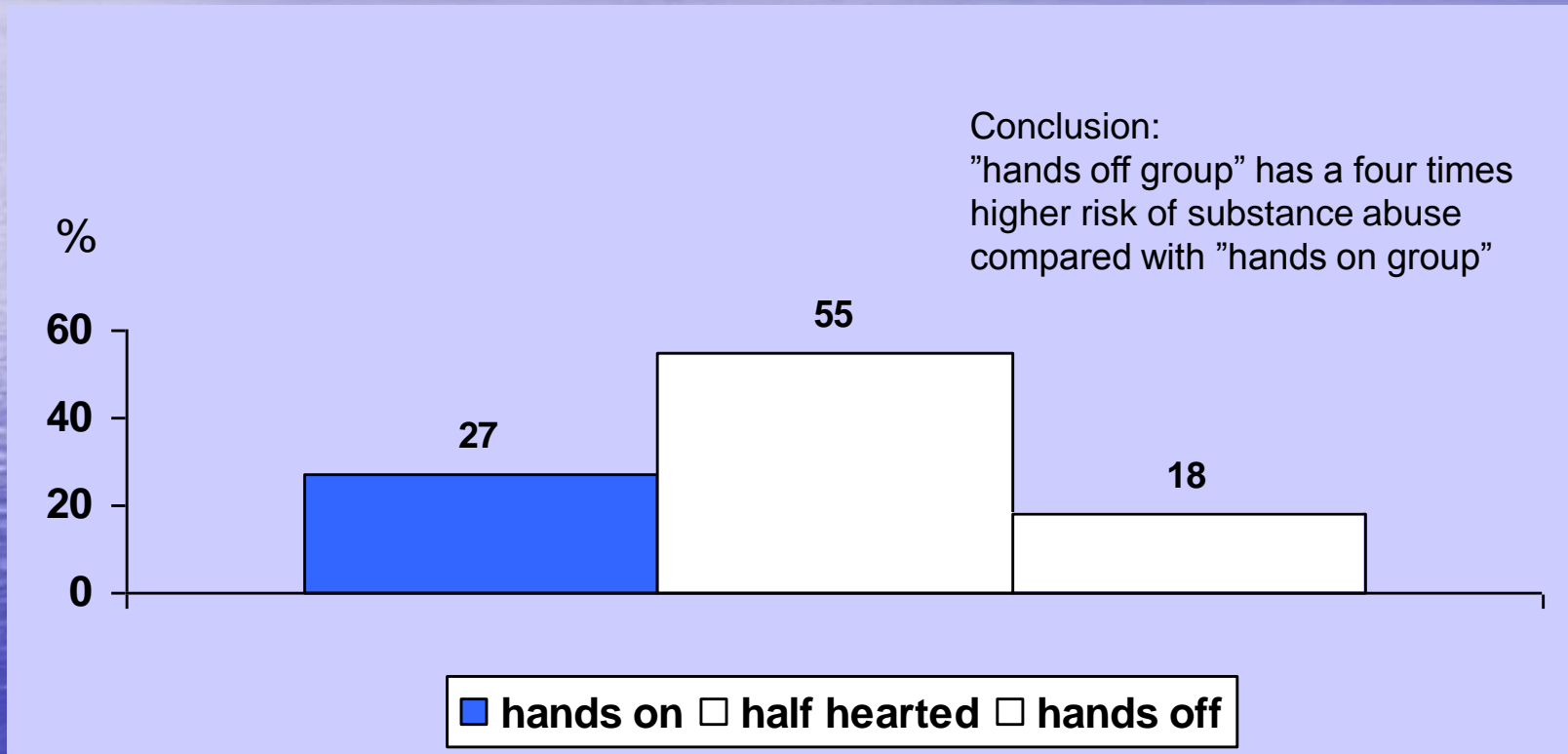


# Hands on (or Hands off) - parenting

- ◆ Parents monitor what the teenager is watching on TV and Internet
- ◆ Parents know where the teenager is in evenings and weekends?
- ◆ Parents are very aware of how the child is doing in school
- ◆ The family eat dinner together often, without TV and phones
- ◆ Parents decide daily duties for the teenager
- ◆ Parents control that the teenager is telling the truth
- ◆ Parents decide what time to come home
- ◆ Parents have made clear they would be "extremely upset" to find the teenager using drugs, alcohol or tobacco

# Comparison of amounts in parental acting

1000 telephone interviews with youngsters 12-17 y o a



Source: Columbia University-based National Center on Addiction and Substance Abuse

# High Risk Teens (ca 20 percent of 12 to 17 y o a)

- ◆ Most are smoking cigarettes
- ◆ Most get drunk every month
- ◆ Most have friends using cannabis
- ◆ Most know a friend using acid, cocaine or heroin
- ◆ Most could buy cannabis in less than one hour
- ◆ A vast majority have tried cannabis
- ◆ Most say "likely" about future drug use



# What's the solution? LOVE AND LIMITS

some effective tools

- ◆ Parents are networking with other parents
- ◆ Parents monitor streets and shops
- ◆ Common rules in the neighbourhood
- ◆ Family rules with agreement
- ◆ Parents support future dreams
- ◆ Nice activities, parent and one child together
- ◆ Parents encourage, have expectations and give compliments
- ◆ Parents give consequences for bad behaviour



# Hands on or Hands off parenting (example)

- ◆ Who are you going to meet?
- ◆ What are you going to do?
- ◆ Where are you going to be?
- ◆ When do you think it's time to come home?
- ◆ How are you getting home?

