
Why people use drugs

Learning Outcomes:

- To consider reasons why someone might use drugs.
- Think about healthier alternatives – in relation to own child(ren).

Equipment:

- Why People Use Drugs Worksheet

Instructions:

- Think about why you think people use drugs (include alcohol and cigarettes). The reasons might be positive or negative.
- Have a look at our worksheet – you may have thought of things we didn't consider, and we may have suggestions you didn't come up with.
- Thinking about your own child(ren), what could you do to help them achieve/manage etc the reasons you think might be most relevant to them.

(For example, if you think your child might find managing peer pressure difficult, could you play some games with them that help them develop peer resistance skills? Or if they like to take risks, is there a sport they could get involved with that might meet a similar need?)
- Of course, your child makes their own decisions, but you can try implementing some of the ideas you come up with – the earlier you start on this, the better.

Why People Use Drugs – Worksheet

Use this sheet to think about what strategies/alternatives you might help your child(ren) develop, so that they have other choices than to use a drug.

Motivation	Prevention/Intervention Strategy
Attention seeking	
Physical pain relief	
Relieve stress	
They are available	
Remove worries	
Relaxation	
Stay awake	
Enjoyment	
To rebel	

To look good	
Peer pressure	
Everyone else is	
To be sociable	
To impress	
For the experience	
Experimentation	
Danger & excitement, or risk taking	
To rebel	