

# Services For Education

## DSL DISCUSSIONS...PARENTAL SUBSTANCE MISUSE

### Raising the topic...

Many parents use alcohol and or drugs in a recreational manner. This can be occasional use for a 'fun' time or can be an addiction which can have a huge impact on the life of their children.

Are you staff aware of what substance misuse actually is? Parental substance misuse is the long-term misuse of drugs and/or alcohol by a parent or carer and do they know the related impact for both the parent and children in their care?

Many parents who misuse substances are not able to provide adequate care or supervision for their children and it can have a significant impact on their own mental health.

How can you support the children in your setting who may be facing this? Do you know who they might be?

### Questions to discuss...

- What signs might signal that a child has a parent with substance misuse issues?
- Which children might be more vulnerable? Why might this be?
- What could be the ongoing impact of exposure to parental substance misuse?
- What can we teach children about keeping themselves safe regarding different substances?
- What protective factors can you provide or encourage in school to support children going through this?
- What local organisations could you reach out to for support for families or children in your setting?

### What can you do?

#### **Provide a open environment:**

Ensure you have an environment where children feel they can share what is happening in their lives.

#### **Build positive relationships:**

This may well support parents in acknowledging they have an issue and support them in being signposted towards external help.

#### **Provide bespoke support:**

Children experiencing parental substance misuse may need specialised support, so be open to seeking help from local or national organisations.

#### **Teach high-quality PSHE:**

Use the topics in PSHE to teach the children to keep themselves safe and make informed decisions in their own lives.

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#### **BESPOKE SAFEGUARDING CONSULTANCY...**

- Do you require further support with your safeguarding systems?
- Or want guidance with auditing your procedures and practices?

For bespoke, tailored Safeguarding consultancy contact us at...

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