

Support your child's learning – Substance misuse

English version	Gaelic version
Substance misuse	Mì-fheum de stuthan
Simple ideas to help your child develop an understanding of the use and misuse of a variety of substances and the effect of risk-taking behaviour on their life.	Beachd-smuaintean sìmplidh gus ur pàiste a chuideachadh gu tuigsinn a leasachadh mu chleachdadh agus mì-fheum air measgachadh de stuthan agus buaidh giùlain cunnartach air am beatha.
Early level	Tràth-ìre
<i>Note: children in their early years and Primary 1, as well as some older children, will be working at the Early level of Curriculum for Excellence¹.</i>	<i>Nòta: Bidh clann sna tràth-bhliadhnaichean agus Prìomh 1, a thuilleadh air cuid de chloinn nas sine, ag obair aig Tràth-Ìre a' Churraicealaim airson Sàr-mhathais².</i>
<ul style="list-style-type: none"> • Show your child that medicines are kept out of their reach so that only adults are allowed to decide when and how to use them. 	<ul style="list-style-type: none"> • Seallaibh do ur pàiste gu bheil cungaidhean air an cumail air falbh bhuapa agus gur e inbhich a-mhàin a tha ceadaichte cuin agus càite an tèid an cleachdadh.
<ul style="list-style-type: none"> • Show your child that some bottles and containers have a 'child lock' and explain that this means that what's inside could be unsafe to touch, eat or drink. 	<ul style="list-style-type: none"> • Seallaibh do ur pàiste gu bheil cuid de bhotail is bhogsaichean le 'glas-pàiste' orra agus mìnichibh gu bheil seo a' ciallachadh gum faodadh an nì a tha annta a bhith mì-shàbhailte suathadh ann, no ithe no òl.
<ul style="list-style-type: none"> • Go for a walk outdoors with your child and notice different plants on the way. Point out any plants that you know are safe/unsafe to eat or touch. 	<ul style="list-style-type: none"> • Theirigibh cuairt a-mach còmhla ri ur pàiste agus thoiribh an aire do na diofar phlanntaichean air an t-slighe. Comharraichibh planntaichean sam bith air a bheil fios agaibh a tha sàbhailte/mì-shàbhailte an ithe no an suathadh.
<ul style="list-style-type: none"> • Make your child aware of the emergency services and how to phone the police, ambulance or fire brigade for 	<ul style="list-style-type: none"> • Dèanaibh ur pàiste mothachail do na seirbheisean èiginn agus mar a dh'fhònar gu na poilis, carbad-eiridinn no

¹ <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

² <http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumlevels/index.asp>

help.	seirbheis smàlaidh airson cuideachadh.
<ul style="list-style-type: none"> Play games that show your child some of the different ways that the emergency services can help. 	<ul style="list-style-type: none"> Cluichibh geamannan a thaisbeanas do ur pàiste cuid de na diofar dhòighean san cuidich na seirbheisean èiginn.
<ul style="list-style-type: none"> Encourage your child to tell you if someone makes them feel sad, frightened or uncomfortable. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu innse dhuibh ma tha neach sam bith gan dèanamh brònach, eagalach no mì-chofhurtail.
Primary	Bun-sgoil
First level (approximately P2 to P4)	Chiad ìre (timcheall air P2 gu P4)
<ul style="list-style-type: none"> Show your child that medicine needs to be carefully measured out to give the correct amount. 	<ul style="list-style-type: none"> Seallaibh do ur pàiste gum feum cungaidh a bhith air a tomhais gu cùramach gus an uiread cheart a thoirt seachad.
<ul style="list-style-type: none"> Encourage your child to feel safe and calm when visiting the doctor or dentist. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' faireachdainn sàbhailte agus ciùin nuair a thathar a' tadhal air an dotair no air an fhiaclair.
<ul style="list-style-type: none"> Visit the chemist/pharmacy to collect prescriptions and medicines together when appropriate. 	<ul style="list-style-type: none"> Tadhailibh air a' cheimigear/bùth còmhla airson òrdughan-cungaidh a thogail, nuair a bhios sin iomchaidh.
<ul style="list-style-type: none"> Go for a walk outdoors with your child and notice different plants on the way. Point out any plants that you know can be used for medicine or healing, for example docking leaves. 	<ul style="list-style-type: none"> Theirigibh cuairt a-mach còmhla ri ur pàiste agus thoiribh an aire do dhiofar phlanntaichean air an t-slighe. Comharraichibh planntaichean sam bith a tha sibh cinnteach a dh'fhaodar a chleachdadh mar chungaidh no airson slànachadh, mar eisimpleir copagan.
<ul style="list-style-type: none"> Look out for police cars, ambulances and fire engines when you are out with your child, and talk about different ways that these services can help. 	<ul style="list-style-type: none"> Coimheadaibh a-mach airson càraichean poilis, carbadan-eiridinn agus einnseanan smàlaidh nuair a bhios sibh a-muigh còmhla ri ur pàiste, agus bruidhnibh mu na diofar dhòighean san urrainn do na seirbheisean sin cuideachadh.
<ul style="list-style-type: none"> Talk to your child about what to do if someone encourages them to act in an unsafe way. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn dè ni iad ma bhios neach gam brosnachadh gu iad fhèin a ghiùlain ann an dòigh mì-shàbhailte.
<ul style="list-style-type: none"> Listen when your child is trying to tell you about someone or something that is worrying them. 	<ul style="list-style-type: none"> Èistibh nuair a bhios ur pàiste a' feuchainn ri innse dhuibh mu dheidhinn cuideigin no rudeigin a tha a' dèanamh dragh dhaibh.

Second level (approximately P5 to P7)	Dàrna ìre (timcheall air P5 gu P7)
<ul style="list-style-type: none"> Listen to your child's questions about alcohol, tobacco and other drugs. Be honest and find the answers together. 	<ul style="list-style-type: none"> Èistibh ri ceistean ur pàiste mu dheidhinn alcol, tombac agus drogaichean eile. Bithibh onarach agus lorgaibh na freagairtean còmhla.
<ul style="list-style-type: none"> Use issues from the news, magazines, TV programmes or films to talk with your child about drugs. 	<ul style="list-style-type: none"> Cleachdaibh cùisean às na naidheachdan, irisean, prògraman TBh no filmichean gus bruidhinn ri ur pàiste mu dheidhinn dhrogaichean.
<ul style="list-style-type: none"> Ensure that you only ever take prescribed medications that are for you, and encourage your child to do the same. 	<ul style="list-style-type: none"> Dèanaibh cinnteach nach bi sibh a' gabhail ach cungaidhean a tha òrdaichte dhuibh fhèin, agus broснаichibh ur pàiste gu sin a dhèanamh..
<ul style="list-style-type: none"> Be honest with your child about how it would make you feel if they were to be put at risk by taking drugs. 	<ul style="list-style-type: none"> Bithibh onarach le ur pàiste mu dheidhinn mar a bhiodh sibh a' faireachdainn nan deigheadh an cur ann an cunnart le bhith a' gabhail dhrogaichean.
<ul style="list-style-type: none"> If you drink alcohol, model the importance of drinking in moderation. 	<ul style="list-style-type: none"> Ma tha sibh ag òl alcol, modailibh cudromach gun a bhith ag òl ach cuimse.
Secondary	Àrd-sgoil
Third-fourth level (S1-S3)	Treas-ceathramh ìre (ÀS1-ÀS3)
<ul style="list-style-type: none"> Encourage your child to ask questions, and to talk about what they know about alcohol and drugs and what they would like to find out. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu bhith a' faighneachd cheistean, agus bruidhinn mu dheidhinn na tha de dh'fhios aca mu alcol agus drogaichean, agus na bu mhath leotha fhaighinn a-mach.
<ul style="list-style-type: none"> Listen with an open mind when your child talks about alcohol and drugs, and be honest about how you feel about them. 	<ul style="list-style-type: none"> Èistibh le inntinn fhosgailte nuair a bhios ur pàiste a' bruidhinn mu dheidhinn alcol agus drogaichean, agus bithibh onarach mu dheidhinn mar a tha sibh a' faireachdainn man deidhinn.
<ul style="list-style-type: none"> Talk to your child about stories, comments, pictures or other information on drugs that they see on social media and how these make them feel. 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn sgeulachdan, beachdan, deilbh no fiosrachadh eile mu dhrogaichean a tha iad a' faicinn air na meadhanan sòisealta agus mar a tha iad a' faireachdainn man deidhinn.
<ul style="list-style-type: none"> Show your child websites where they can find out more information about drugs issues. 	<ul style="list-style-type: none"> Seallaibh làraichean-lìn do ur pàiste far am faod iad tuilleadh fiosrachaidh a lorg mu chùisean dhrogaichean.
<ul style="list-style-type: none"> Talk to your child about what they could do if their friend, someone else they know, or a stranger offers them 	<ul style="list-style-type: none"> Bruidhnibh ri ur pàiste mu dheidhinn na dh'fhaodadh iad a dhèanamh nan tairgseadh an caraid, cuideigin eile a

drugs.	dh'aithnicheas iad, no srainnsear, drogaichean dhaibh.
<ul style="list-style-type: none"> Help your child to find safe and healthy ways to deal with stress, and be there to listen during stressful times. 	<ul style="list-style-type: none"> Cuidichibh ur pàiste gu dòighean sàbhailte is fallain a lorg airson dèiligeadh le cuideam-inntinn, agus bithibh an sin airson èisteachd riutha aig amannan nuair a bhios ro-uallach orra.
<ul style="list-style-type: none"> Encourage your child to take part in different hobbies and interests that you enjoy, and be willing to try some of your child's hobbies and interests. 	<ul style="list-style-type: none"> Brosnaichibh ur pàiste gu pàirt a ghabhail ann an diofar chur-seachadan agus ùidhean a tha a' còrdadh riutha, agus bithibh deònach cuid de chur-seachadan no ùidhean ur pàiste, fheuchainn a-mach.
<ul style="list-style-type: none"> When you are out with your child, be aware of situations around you, and use these as a chance to talk about what has happened and what the choices and consequences surrounding the situations are. 	<ul style="list-style-type: none"> Nuair a bhios sibh a-muigh le ur pàiste, bithibh mothachail do shuidheachaidhean mun cuairt oirbh, agus cleachdaibh iad sin mar chothrom air bruidhinn mu dheidhinn na tha air tachairt agus na roghainnean is na builean mun cuairt nan suidheachaidhean sin.
<ul style="list-style-type: none"> Look together at the range of opportunities, jobs and careers available and find out what your child is keen to do. Talk openly about how their choices might affect future opportunities. 	<ul style="list-style-type: none"> Coimheadaibh còmhla ris an raon de chothroman, obraichean agus dreuchdan-beatha a tha rim faotainn agus faighibh a-mach dè tha ur pàiste dìoghrasach a dhèanamh. Bruidhnibh gu fosgailte mu dheidhinn mar a dh'fhaodadh an roghainnean buaidh a thoirt air cothroman san àm ri teachd.
Senior phase/post-16	Ìre Àrd / seachad air 16
<ul style="list-style-type: none"> Think carefully about the best time and place to talk to your child about smoking, drugs or alcohol. Choose a time when neither of you is feeling rushed or pressured. 	<ul style="list-style-type: none"> Smaoinichibh gu cùramach mun àm agus mun àite as fheàrr airson bruidhinn ri ur pàiste mu dheidhinn smocadh, drogaichean agus alcol. Taghaibh àm nuair nach eil aon seach aon agaibh a' faireachdainn ann an cabhaig no fo bhruthadh.
<ul style="list-style-type: none"> Talk about issues relating to alcohol and drugs as these arise and become relevant to your child. 	<ul style="list-style-type: none"> Bruidhnibh mu dheidhinn chùisean co-cheangailte ri alcol agus drogaichean mar a bhios iad sin ag èirigh agus a' fàs buntainneach do ur pàiste.
<ul style="list-style-type: none"> Keep in mind that you and your child might not always agree about issues surrounding alcohol and drugs but that talking through the issues can help them make their own decisions. 	<ul style="list-style-type: none"> Cuimhnichibh gur dòcha nach bi sibh fhèin agus ur pàiste an-còmhnaidh ag aontachadh mu chùisean mu thimcheall alcol agus drogaichean, ach gum faod bruidhinn mu dheidhinn nan cùisean an cuideachadh gu an co-dhùnaidhean fhèin a dhèanamh.

<ul style="list-style-type: none"> • Make use of newspaper headlines, TV news stories and social media trends as conversation starters for sharing your views, finding out what your child thinks and encouraging a deeper conversation on the issues surrounding alcohol and drugs. 	<ul style="list-style-type: none"> • Dèanaibh feum de chinn-naidheachd nam pàipearan, naidheachdan TBh agus gluasadan mheadhanan sòisealta, mar thoiseach chòmhradh airson a bhith a' roinn ur beachdan, a' faighinn a-mach beachdan ur pàiste agus a' brosnachadh còmhradh nas doimhne mu chùisean mu thimcheall alcol agus drogaichean.
<p>'Substance abuse' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.</p> <p>For more information on health and wellbeing, see http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>	<p>Is e 'Mì-fheum de stuthan' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.</p> <p>Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh http://www.educationscotland.gov.uk/parentzone/learninginscotland/curriculumareas/healthandwellbeing/index.asp</p>