

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 simplidh 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.

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"> Bruidh nibh 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 drugs. 	<ul style="list-style-type: none"> Bruidh nibh ri ur pàiste mu dheidhinn na dh'fhaodadh iad a dhèanamh nan tairgseadh an caraid, cuideigin eile a 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 dioghrasach 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.
'Substance abuse' is one of six areas that your child will learn about as part of the health and wellbeing curriculum.	Is e 'Mi-fheum de stuthan' aon de shia raointean mun ionnsaich ur pàiste, mar phàirt de churraicealam slàinte agus sunnd.

For more information on health and wellbeing, see
<https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>

Airson tuilleadh fiosrachaidh mu shlàinte agus sunnd, faicibh
<https://education.gov.scot/parentzone/learning-in-scotland/curriculum-areas/health-and-wellbeing/>