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Date

Persuasive Essay

WHY PARENTS SHOULD REGULARLY CHECK THEIR CHILDREN FOR DRUGS

In the past research studies, the use of illicit drug among young children has been well-documented (Ali 24). The problem of increased drug use among teenagers is widespread than it is being suspected by guardian and parents. There is a statistical indication that young children gets increasingly involved in the use of drugs as they become 12-14 years old (Ali 24). In the research of drug use among ethnic and racial minorities, it has been concluded by the National House-hold Survey that possibility of tobacco cigarette smoking, alcohol use and illegal drug use gets started during young adult and adolescent years (Ali 24). In today's world, the parents are very busy and at certain time, they do not pay attention to what is occurring in the lives of their children. It is necessary for parents to become aware about the friends of their children and how the weekend is being spend by them.

The detrimental impacts of using illicit drugs can greatly varies depending on the frequency and amount of drug use, the procedures of intake, the combination of consumed drugs and the kind of drug consumed by the adolescent. When drug is injected by young children, the

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mortality rates gets substantially increased due to medical complications and overdose of the drug (Ali 24).

The parents should regularly check their children for any kind of drug use because family plays a basic role in shaping the drug use behaviour of children.

Majority of the parents do not think that their child can approach alcohol or drugs (drugfree.org 7). They might also believe that their children will not get involved in any kind of risky behaviour. But it is important for parents to know that these are all kind of serious misconceptions that they have developed about their children. In actual, children can develop bad habits real quickly than the good habits. For example, the children might slowly learn about the consumption of nutritional food products, but they immediately get involved in developing bad habits such as drug use.

In order to suspect the children for drug use, the parents should monitor their behaviour on regular basis. If a psychiatric condition such as Attention Deficit Hyperactivity Disorder, anxiety or depression is experienced by a child, he or she is highly vulnerable to develop the alcohol or drug related issue (drugfree.org 7). Although all children do not get exposed to the problem of substance abuse, the likelihood is greater when children find hard to regulate their emotions and thoughts. Hence, a vigilant behaviour should be shown by the parents of the children who undergo serious kind of psychiatric issues (drugfree.org 7).

It has been demonstrated in the past research studies that parents should develop a supportive association with their young children (drugfree.org 3). However, it is also important for the parents to sustain the relationship with their children, specifically during the period of their teenage life. Maintaining strong relationship with teenage children has become highly

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important because a parent would experience less trouble in examining the social life and behaviour of his child.

It should not be of any surprise for the parents to know that families who fight, argue or give bad treatment to each other and parents who physically punish or degrade their children, often ends up in developing unsupportive ties with their children. It often enhances the risk of alcohol and drug use among children (drugfree.org 3). Children often look for peaceful home environments and when they don't find peace at their home, they experience high level of stress situations. In order to relieve stress, children often get engaged in developing bad habits such as drug use.

It is sad to communicate that young children of all ages make use of drugs to some extent. In 2011, approximately 26% of the children had been given, sold or offered an illicit in their educational institutions, as being reported in a national survey conducted on the 9^{th} and 12^{th} grade students in private and public schools (ed.gov 3). Based on such evidence, it is highly essential for parents to monitor the kind of environment in which they are living or spending time. Once a child starts to use drugs or get involved in any kind of drinking or smoking habit, they become highly addicted to the use of such substances (ed.gov 3).

An important role is being played by the family in treatment and prevention of substance and drug use by children. The past research studies showed that the relationship between substance use and the parenting style remained neglectful. In past, the parents did not put any restrictions and they also failed to develop strong association with their children. Such parenting style had place children at a high risk of using illicit drugs (Becona 2).

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Another parenting style is the one in which parents fails to put any restrictions on their children. However, unconditional love is being shown by such parents towards their children. Such parents also fails to prevent their children from drug use because they make use of little punishment to prevent negative habits among their children (Becona 2).

It has become quite evident from past research studies that adolescence have highly variable and increased use of drugs. In a research conducted by Clark, it has been reported that the number of children with any kind of drug use gets approximately double from 20% to 40% within two years for eighth grade students (Clark 1). According to the research survey results, the 24% of the 10th grade students and 12% of eight grade students were exposed to binge drinking (which basically refers to the intake of five or more drugs at one time). Irrespective of numerous preventive efforts, a stability has been observed in these estimates during recent years (Clark 1).

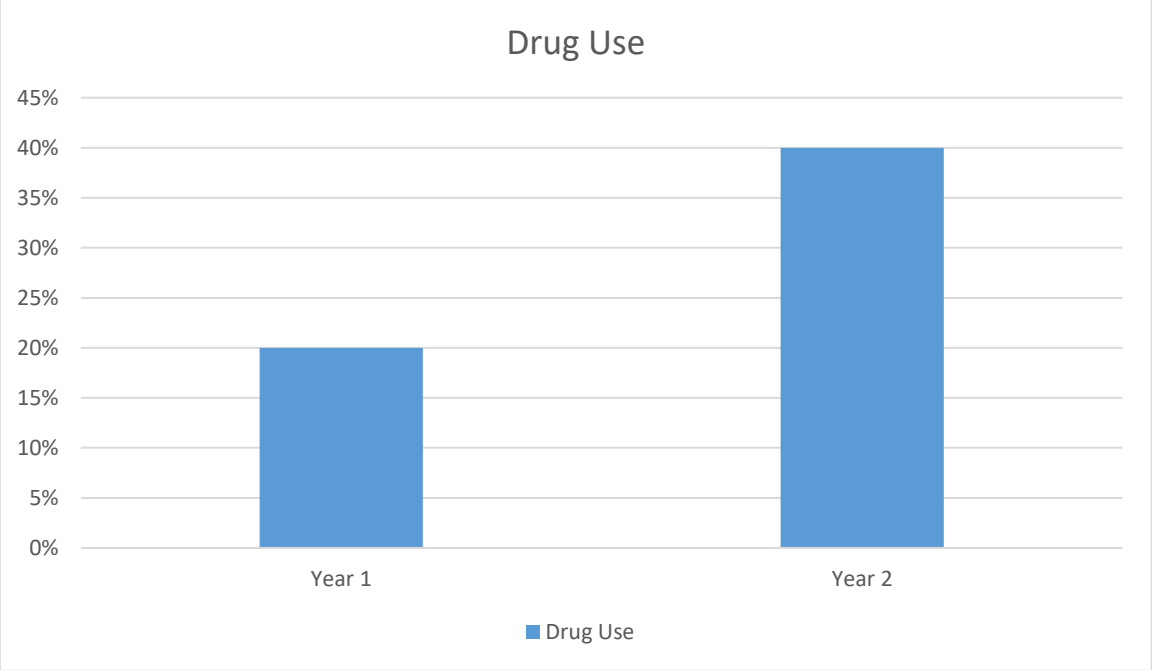

Figure: Showing drug use among 8th grade students during two years. It has been shown in the chart that during first year, the rate of drug use was recorded to be 20%, which then increased to 40% in second year (ed.gov 27).

Even if the parents think that their child is not exposed to the use of alcohol or drugs, then they must suspect if any of their friend or classmate in involved in drug abusing activities. In 2011, the CASA research was carried out on the use of drugs by teenagers (ed.gov 27). It was reported that two out of five young children know at least one of their classmate or friend who made regular use of methamphetamine, Ecstasy, acid or similar kind of other illicit drugs (ed.gov 27). Moreover, one out of four classmates or friends were reported to make extensive use of prescription drug to go high (ed.gov 27).

Figure: Showing the children using drugs. According to this source, it children are often influenced by the social circle they sit in (arrowpassage.com).

Parents need to monitor the social circle of their children on regular basis (payspi.org). From the above image, it has become evident that friends plays an important role in forcing the children to use drugs. It is therefore important for parents to keep a regular eye not only on their children but also on the friends of their children**.**

Parents should realize that communicating with their child about the alcohol and drugs does not involve any kind of lecturing. Rather, there are numerous things (such as communicating with children, talking about their friends, and showing involvement in children's life) that can be done by parents to offer the kind of environment that may prevent the child from consuming alcohol or drug. It is therefore important for the parents to spend a great deal of time with their children.

As per report of U.S Drug Enforcement Administration and U.S. Department of Education (2012): "A 2011 national survey about the importance of family dinners revealed that 18 percent of teens said they would like to spend more time with their parents" (4). It is considered to be highly essential because children who spend less than seven hours with their parents were at a high risk of using alcohol. Moreover, such children are more likely to use drugs such as prescription drugs and marijuana to go high (ed.gov 4).

It is important for parents to take into consideration the fact that parental monitoring proves to be an effective strategy when parents have caring, open and good relationship with their children. According to National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention (2012): "Teens are more willing to talk to their parents if they think their parents can be trusted, have useful advice to offer, and are open and available to listen and talk" (3).

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Young children who are pleased to develop a bond with their parents often appear to show greater compliance towards the rules developed by their parents (National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 3). Hence, parents should develop and foster a strong bond with their children by adopting following strategies:

- By listening to children.
- Raising different questions.
- Offering praise and support to children.
- Showing involvement in the life of children (National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 3).

In the article "Parent's Today", it has been communicated that: "Today's kids face lots of challenges" (parenttoday.org). It clearly demonstrates the fact that children need to manage social pressures on regular basis, both in school and at home. This social pressure is highly influenced by the use of media among children.

Children often hear and see things on YouTube and other social networking sites and such strong visual attract them to relieve their stress through drug use (parentotday.org). They often think that what appears to be good on the screen would also prove to be good in their real life scenarios.

Hence, in order to feel better or to reduce the level of social pressure, they make efforts to access the drugs. In this way, children get trapped in a web and it becomes difficult for them to get out of it.

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Figure: Showing a child watching a television. It is a kind of source that helps children in getting aware about the use of drugs to relieve social pressures and stress (Kent 2013).

In majority of the cases, the children gets overwhelmed by the expectation they develop in life. Such pressure along with the need to make everyone happy often results in the need to look for accessible, convenient ways of relieving pressure. Unfortunately, the children do not have necessary abilities to manage such kind of challenges.

Parents must monitor to check if there are any big drops in the results of their children. Moreover, it is also highly essential for parents to know that what is in the medicine cabinets of their children. A trust has been developed by parents that their children have the reasoning ability to make use of good choices, but in actual it is not the case (parenttoday.org).

There are different ways by which parents can stay involved in the lives of their children. Some of them are enlisted down as under:

- Listen — even when a child is communicating about uninteresting things, parents still need to listen them. Parents should not make any judgments about their children.
- Be responsive and warm: Parents should communicate with children by using the words such as “You appears to be stressed” or “You looks happy”.
- The parents should be aware about the parents and friends of their children.

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- When children wants to visit the house of a friend, parents should look if the adult person is at home.
- Parents should motivate their children to call them if he or she may feel unsafe or uneasy (hria.org, 9).

Majority of the parents are of viewpoint that their children cannot get develop negative habits because they have been brought up in the good environment. Such parents develop a blind trust on their children. The claims of such parents is backed by many reasons such as: child has strong moral values, he is not sitting in the company of bad friends or there is no family history of drug use. Based on these reasons, the parents do not feel the need to check their children on regular basis.

Throughout the essay, it has been demonstrated that parents should monitor the habits of their children to look for any kind of drug use symptoms. It is highly essential to prevent children from engaging in long lasting and deeper use of drugs in future.

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