

I know I can't make my parent stop drinking or using drugs, so what can I do to make myself feel better?

Talk to an adult you trust about the problem.

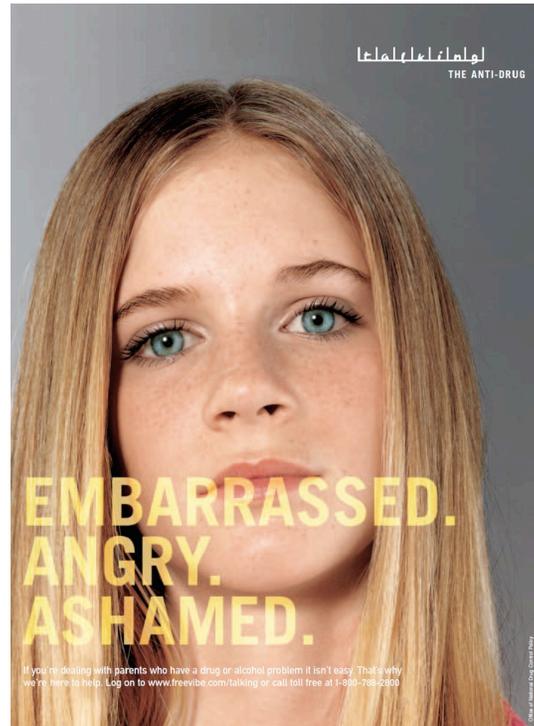
- A teacher
- A scout leader
- A religious leader
- A coach
- A school counselor

Also, there is a group for kids who have alcoholic parents called "**Alateen**". Alateen has meetings, like a club, and the kids share tips on how to make life easier. Ask at school if there are any Alateen groups or school-sponsored support groups.

Alateen Support Group

<http://al-anon.alateen.org>

Telephone: (757) 563-1600



If you're dealing with parents who have a drug or alcohol problem it isn't easy. That's why we're here to help.

For More Information

www.nacoa.org



National Association for
Children of Alcoholics
10920 Connecticut Avenue, Suite 100
Kensington, MD 20895
www.nacoa.org

**Use brochure with
March worksheet.**



National Association
for Children of Alcoholics



Facts For You: The Brain And Alcohol



Just 4 Kids



Facts For You

Fact #1 Alcoholism is a disease. Your parent is not a bad person; he or she has a disease that makes him or her lose control when drinking. Alcohol does that; when people drink too much, they do and say things that they normally wouldn't. Maybe the disease makes them do mean or stupid things that they would not do if they didn't drink.

Fact #2 You cannot control your parent's drinking. It is not your fault. Don't hide the bottle or try to be perfect; you can't do anything about your parent's drinking. You are not the reason why your parent drinks. You cannot cause a parent to drink.

Fact #3 You are not alone. There are lots of Kids just like you. In fact, from all the surveys done in the United States, we know that there are about eleven million children with alcoholic parents living in our country. Many more have parents who just drink too much. You really are not alone.

Fact #4 You CAN talk about the problem. Find someone you trust who will talk to you. It could be a grandparent, a friend's parent, a big brother or sister, or someone else who will listen to you. At school it might be a counselor, nurse, teacher, or coach. These can be 'safe people' in your life. There is a group for teens called "Alateen". This group has meetings, like a club, and the Kids there share tips on how to make their lives easier. Some schools have Alateen meetings on the school grounds during the day or after school. Maybe your teacher could help you find one.