







Alcohol and Drugs

Teenagers are curious and want to try everything. However for the health of your child it is important that he/she learns how to handle exposure to stimulants such as tobacco and addictive drugs. As intoxication is harmful to the growth of children and adolescents you, as parents, are responsible for influencing your child's consumer behaviour.

- Inform yourself and your child about the consequences and dangers involved with the use of stimulants and drugs.
- Be aware of statutory provisions.
- Make agreements with your child about the consumption of stimulants and addictive drugs.
- Instruct your child never to accept a ride with intoxicated drivers.

Summary of the law	16 years	18 years
Storage, use and circulation of illegal drugs such as cannabis, ecstasy and cocaine is forbidden.		
Selling and distribution of cigarettes is allowed as of:		
Selling, distribution and consumption of beer and wine is allowed as of:		
Selling, distribution and consumption of hard liquor, alcopops and spirits is allowed as of:		

(you will find further Information about this subject under: www.sfa-isp.ch)

General Recommendations

- Try to keep in contact with your child even in difficult situations.
- Observe their use of media such as TV, Internet and mobile phones.
- Address change of behaviour.
- Don't try to avoid open discussions. Only in this way can you build up trust and mutual understanding.
- Ask for help if you feel you need it. (see supplementary sheet "Fachstelle").

And especially:

Show an interest in your child's everyday life!

Author:

Task Force Youth of the Glow communities.

Glow is an independent and innovative living environment and economic area of close to 100'000 inhabitants. It consists of the 8 communities of **Bassersdorf, Dietlikon, Dübendorf, Kloten, Opfikon, Rümlang, Wallisellen and Wangen-Brüttisellen.**

In this task force all eight communities are represented by a politician as well as a specialist dealing with the everyday aspects of youth. The task force addresses and launches various youth issues within their communities and also launches projects.

This brochure is available in the following languages: Albanian, German, English, French, Italian, Portuguese, Serbo-Croatian, Spanish, Tamil and Turkish.

(This brochure and useful addresses can also be found under www.glow.ch)

Guidebook for parents



Dear parents

Teenagers in the phase of growing independence from their parents are looking for their own identity. As parents, support this search by allowing your children some space, but also by offering them stability and a feeling of security. Deal with your children in an active manner, negotiate agreements with them and be ready to renegotiate them from time to time. Have trust in your child, but at the same time confront him/her with clear boundaries.

This guidebook aims to assist you in everyday education and is thought as a basis for discussions with your child.

Pocket Money

Children and teenager learn best how to handle the use of money if they have their own regular and small income. It therefore makes sense to give them pocket money for their own free use, and which they can manage by themselves.

According to „Budgetberatung Schweiz“, we recommend the following monthly payments starting from the „Mittelschule“:

5. and 6. school year	25.- up to 30.- per month
7. and 8. school year	30.- up to 40.- per month
9. and 10. school year	40.- up to 50.- per month
From 11. school year	50.- up to 80.- per month

(you will find further information about this subject under: www.asb-budget.ch)

Going Out

It is worth clearing the following questions with your child in advance:

- Where are you going?
- How will you get there and also home again afterwards?
- Who will you be meeting?
- When will you be home
- How can you be reached? Do you have your mobile with you and is the battery charged?

Insist on bindingness and compel your child to inform you immediately if an agreed time cannot be held for some reason. Ensure that you can be reached.

Following recommended time frames for going out may serve as guidelines.

	During the week/ Outside of holidays	weekends and/or during holidays
12-14 year old	20.00	22.00
Up to 16 year old	22.00	24.00

Partys and Events

Here it is also worth asking questions:

- Who is organising the party?
- Where does the event take place?
- How long does the party last?
- Which adult person will be responsible?
- How and when will you be coming home?

If your child cannot answer these questions to your full satisfaction it is recommended not to let him/her go out.

Mobile Phone

A mobile phone can be useful in case of emergency and can also transmit a sense of security. Furthermore it is an important means of communication among teenagers and also between you and your child. We recommend the following aspects:

- Prepaid cards instead of contracts. This way costs can be better controlled.
- If possible always recharge prepaid cards at the same point in time (e.g. beginning of the month).
- If you want to participate in the costs it is recommended to negotiate a service in return with your child.

(you will find further information about this subject in the internet under: www.zischtig.ch)

TV, Playstation and Computer

- Do not allow games, internet pages and films with pornographic content or tolerate violence.
- Pay attention to age guidelines on DVD's and computer games.
- Agree on binding maximum times per day and week.
- Look for ways to be able to control your child's use of media at all times.
- Negotiate clear terms regarding contents and use of websites.
- Install an internet filter.
- In general no personal data should be made available in the internet nor should personal data/pictures be uploaded. Inform your child about the possible dangers concerning these issues.

(you will find further information about this subject in the internet under: www.zischtig.ch)