



Its not your fault!

There are lots of reasons why some people take drugs or drink too much alcohol, but it is important to remember it is not your fault, you can't stop them and there are people who understand!

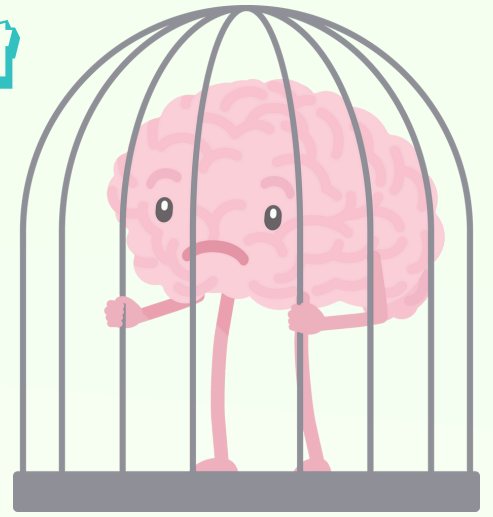
People who have these addictions need help from professionals to help them stop and break the cycle of addiction.

Just because your parent uses drugs or drinks too much alcohol does not always mean they are not good people or that they don't love you.



HOW DO DRUGS & ALCOHOL

EFFECT THE BRAIN



Drugs and alcohol are chemicals that can change how the brain works. Our brain is like the boss of our body—it helps us think, feel, and make decisions.

When someone drinks alcohol or takes drugs, it can confuse the brain and make it harder for the boss to work properly. This is why grown-ups might act differently—they might get angry, sad, sleepy, or do things they usually wouldn't. Their brain is being tricked by the chemicals.

***Lets think of it another way,
Imagine your brain is like a remote control for a TV.
Alcohol and drugs are like putting sticky tape over
some of the buttons—some things work too much,
some things don't work at all, and the TV doesn't do
what it's supposed to.***



Addiction and Habits



What is the difference?

Key Difference

Habits are choices that become automatic through repetition.

Addictions take over choice, creating dependence and harm, often needing support or treatment to overcome.

A simple way to remember:

Habit = repeated action you can change.

Addiction = repeated action you struggle to stop even if it hurts you.

Lets think of some habits and addictions you may have. Think about how it would feel if you had to stop.

Would you find it difficult, would you try and get it back?

Are there any negative consequences to this?



