

# BEING A PARENT TO AN ADOLESCENT

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## A DISCUSSION TOGETHER?

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A brochure on prevention for the attention  
of parents of adolescent children



COMMUNICATION



LIMITS / RULES



DRUGS / CANNABIS



ALCOHOL



TOBACCO



SCREEN / COMPUTER



PHONE



VIDEO



SEXUALITY



VIOLENCES



INFORMATIONS

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# INTRODUCTION

***Being a parent to an adolescent is a big challenge and at the same time a very enriching experience, and that much more in a society that that multiple cultures and languages.***

*This brochure, inspired by the Newsletters to Parents from Swiss Addiction, addresses parents with adolescent children( girls and boys alike) primarily between rge ages of 12-18 years of age. It is edited in French but also in Italian, Spanish, Albanian, English, Somali, Portuguese, Serbo-Croatian, Turkish, Tamil and Arabic to be read by the maximum number of families living in the Canton of Vaud.*

*The content of this brochure addresses behavior that is customary or rather permitted in Switzerland. It is possible that it touches themes that preoccupy some parents more than others, who have customs and traditions from their country and culture of origin. In addition, living together with all these cultures, it purports to share a general understanding of the customs and traditions, commonly known as «mode of living of the country» with the purpose of a reciprocal integration within the society.*

*The brochure does not aim to establish universal rules, but rather it aims to provide tips during difficulties a parent faces with his or her adolescent.*

*Gustave MUHEIM  
President of Lausanne Region*

*Pascale MANZINI  
President «Dependence  
and Prevention»*

*The brochure «Being a parent to an adolescent: a discussion together» has been translated into 11 languages: English, Albanian, Italian, French, Portuguese, Arabic, Serbo-Croatian, Somalian, Tamil, and Turkish within a framework of a community translation which allowed young people from different linguistic communities to give their input by participating in a socio-professional integration programme (Migration-Appartenances).*

*A «Duo» consisting of a young adult and a cultural interpreter from the organisation, The Appartenances was established. In addition to performing a translation, the pair worked together to integrate unique cultural perspectives within the text.*

*The specialty of this work permitted the Duo to work on the different cultural nuances within the text with the aim of addressing the prevention of various issues.*

*The Young adults in this project, just adolescents themselves, were able to exercise their critical thinking about the content, consider modes of dissemination of these prevention messages to the adult members of their community as well as, at the same time, enrich the translations that the cultural interpreters did.*

*Following these sessions, there were discussions in a forum where each duo gave their input and then all participants came up with common points putting together a brochure that was pertinent to the migrant parents of adolescents.*

*In addition there was a collaboration regarding the use of this brochure. In reality, the collective message of prevention in different languages is a first step; the purpose of the brochure is so that it can serve as a concrete support for discussions in a community, and which responds to the needs of migrant parents to guide their adolescent children.*

*Julie MAILLARD-MBENGA  
Appartenances*



# BEING A PARENT TO AN ADOLESCENT



It is not easy being the parent to an adolescent! As they grow up, children ask you more and more questions, express their opinions and defend them - even if their opinions do not concur with those of yours. These changes in their life signify a change your life as well. New doubts and questions will arise: It is possible that your child will be offered alcohol, or cigarettes or even marijuana. Does he/she speak to you about it? Do you think that these things interest him/her or whether they might try them? What do you know about

these products and what do you think about them? Have you as a parent ever tried these substances and if so under what circumstances? Has your child ever provoked you in this regard? Raising a teenager is a fantastic challenge, because teens call into question our actions and our limitations. They dare to question our own consumption. Their questions sometimes shake our own convictions. Do keep the following in mind in order to find new ways to communicate with your child:

**DO NOT ASK YOURSELF THE QUESTION OF WHETHER OR NOT YOU ARE A GOOD PARENT TOO OFTEN. YOUR CHILDREN DON'T NEED PERFECT PARENTS BUT RATHER ACCESSIBLE PARENTS.** BEING A ROLE MODEL DOES NOT MEAN BEING PERFECT, BUT RATHER BEING YOURSELF WITHIN YOUR NEEDS AND LIMITS. YOUR CHILD IS MORE LIKELY TO IDENTIFY WITH SOMEONE WHO RECOGNIZES HIS OWN LIMITATIONS, BUT ALSO SHOWS HOW HE / SHE TRIES TO LEAD HIS LIFE CONSISTENTLY, RATHER THAN SOMEONE WHO CLAIMS TO BE PERFECT, AS YOUR CHILD MAY NOT BELIEVE THIS.

To grow, your teenager needs to develop his/her own identity and his own opinions. One way to do this is to oppose you or other adults. It is possible that they are sometimes very critical of you and at times also aggressive, which is not easy to live with. Remember though that what teens express at a given time is generally different from what they think in the long run.

By becoming adults, adolescents seek to be recognized through their own choice and they want to be allowed to form their own opinions. It is likely that they will want to try new things, especially if they are banned and defined as «bad» by adults. It's not necessarily because that they want to break the rules simply in order to do so, rather it is because they want to find out for themselves. Attempts to enforce a rule without being able to explain the reason may cause them to not respect it. It is therefore important to always

keep an open mind for discussion and sharing of opinions with your teen, because that is how you will better understand the doubts and questions he/she has, and tell him/her what you think of consumption of drugs and alcohol, and why.

As a migrant from another country and culture, it is possible that you may find yourself in a particularly difficult situation, because you yourself have grown up in an environment with cultural boundaries different from those prevailing in this country, like the support networks that parents can expect from the community in their native countries. You may find it useful to recreate some of these support networks here. For example, it is possible that you might be of the opinion that you are not the right person to talk about certain topics with your child. But maybe you can trust another adult who will serve as a reference to your



child. You and your child may find easier to talk to a third party, such as an older brother or uncle whom you both trust.

As a parent, it is likely that you are their main role model, but you must remember that you're not alone. They will meet other people and influences, and will develop their own thinking by confronting these diverse views.

We offer some suggestions on how to help your adolescent child in his transition to adulthood, to get him his own opinions and set his/her own limits.

### Try to create an atmosphere of good communication within your family

For example, give positive feedback for your child's performance. Discuss the positive events about your day and that of your child. This is even easier if you introduce a kind of ritual, for example during dinner when the entire family convenes.

### Say what you think, and encourage your child to do the same


When watching a movie or television advertisement, say what you think. Make sure to speak on your own behalf, saying «this is what I think» and encourage your child's efforts in forming his own opinions, even if they differ from yours. Identify the message that advertisements try to convey in terms of body image, or alcohol. Help

your child develop critical thinking, so that he or she is not easily influenced and is able to resist invitations to use drugs and alcohol.

### Teach your children to set their own limits and respect them. Give increasing responsibilities to your teenager

Do not be afraid to set limits for your child, and be prepared to explain them. Agree that your child can have his own opinions on certain things and yet not express them, for example on certain family outings. Negotiate acceptable rules with your child that work for both of you, and discuss the possible consequences if these rules are not followed. Finally, make sure you both comply with these rules. This will allow your child to decide for himself what is acceptable for him, and what he dislikes. It is important that your child becomes more and more responsible for his own actions. Step by step, teach him to manage his diet, hygiene, sleep and leisure time.

It is highly likely that at some point or another your child will drink alcohol. Set all the rules that will make him or her responsible for their own behavior and consumption, and reduce the risks associated with alcohol consumption. Also set all the consequences that your child will have to bear if he/she does not respect these rules.



## Talk about drugs with your teen without sounding preachy or trying to intimidate him.

Young adults need to receive information they can trust. Talk about your own experiences and learn with him about the subject. You can look for information on drugs together on the website [www.addiction-vaud.ch](http://www.addiction-vaud.ch), or your child can find answers to his questions on [www.addictionsuisse.ch](http://www.addictionsuisse.ch). By reading up on the information available on the subject, you'll have access to reliable information, and this will allow you to discuss drug usage and its risks. From his side, your adolescent can find information about and answers to his questions at: [www.ciao.ch](http://www.ciao.ch).

# COMMUNI- CATION



Recognition, listening and communication are essential to help teenagers to deal with this stage of their lives. But sometimes, in front of a totally silent teen who shuts down at the first remark, parents give up.

Although exchanges with your teen can be extremely rewarding, they can also be a grueling ordeal of conflicts and misunderstandings. Overwhelmed by strong emotions, teens tend to react vigorously and aggressively. Often parents do not understand the message that their child wants to transmit. For example, if your teen comes home, slamming the door, is it intended to provoke you? Or an indication of the day he has had? To speak to a teen, you often need to go beyond words and find other ways to communicate, try

and discuss a common activity (sports) or a topic that interests him or her (video-games, well known singer). It is sometimes easier to talk about yourself, your desires and fears, and saying what you think to get your teen to talk about himself, without it being too difficult.

Your teen may also refuse to talk with you in fear of not really being listened to. When you talk to him, listen to what he has to say, even if it does not match with your ideas, and show that you are willing to exchange viewpoints. Look into their eyes, turn off the TV and put your book or newspaper aside, show him you have time to talk. Avoid bringing up sensitive issues in front of others, because that could make them uncomfortable.

REMEMBER THAT YOUR TEEN NEEDS TO REBEL TO BECOME SELF CONFIDENT AND AUTONOMOUS. HE CAN DO THIS BY CHALLENGING YOUR DECISIONS AND VIEWS. AS A PARENT, YOU MUST UNDERSTAND THAT THESE ATTACKS ARE NOT DIRECTED AGAINST YOU AND ARE A NECESSARY MEANS TO ACHIEVE INDEPENDENCE. **TEENS ARE CAUGHT BETWEEN CONFLICTING NEEDS: THE NEED TO BE UNDERSTOOD BY THEIR PARENTS WHILE AT THE SAME TIME SAFEGUARDING THEIR PRIVACY, THE NEED FOR NEW EXPERIENCES AND TO TAKE RISKS WHILE WANTING TO FEEL SAFE AND SUPPORTED.**

Often migrant families are confronted with the problem of separation, more than Swiss families. Numerous couples are separated: women and men come to Switzerland to work, men are imprisoned or are busy with political activities and resistance movements in their native countries. When a parent rejoins a family after years of separation, their children are often strangers to them. and even if the parents are present in Switzerland, migrants often have jobs that impose certain restrictions such as working during the night or over the weekend.

In such conditions it is not easy to take the time to meet and talk. These conditions do not favour the sharing of the days activities. Little by little, due to the lack of seeing each other, family members become strangers to each other, and it becomes more difficult to talk and share things with each other. To talk about this lack of communications also requires time and contact. Please spare a few precious minutes to be together, despite the constraints, explain the reasons that have driven the family apart. To talk together will help you to bring your family back together and a first step to get to know each other.

# THE INFLUENCE OF OTHERS



Your teen will probably get to know new acquaintances and will give more importance to some of them. You will realize that when the way he/she dresses and behaves, changes. It is also possible that they copy the look and behavior of some of their friends, or of those they admire such as a film-star or singer. Parents are often concerned when they realize that their child imitates others, because they worry about how far he or she will adapt or follow the others to be accepted. You are probably anxious of the fact that your child can be pushed by some friends to do things he does not want, or could be dangerous.

It is true that when in groups, adolescents are often subjected to peer pressure and are pushed to behave

like others to be «normal». Some drink alcohol or smoke, because they are afraid of being rejected if they do not. Thus, they can consciously take risks or do things in order to be accepted, which in reality they would rather not do. However, these peers can also be a positive influence for your child: it is through them that he/she will learn to develop his/her own values and views of the world. Such friends can advise and help when needed.

The relationships that your teen has with others are essential. They allow them to explore new ways to express themselves, and to experience new emotions, like love and friendship. Gradually, your child becomes independent and builds his or her individual personality.

**THE QUESTION OF «NORMALITY» IS VERY IMPORTANT FOR TEEN-AGERS: THEY OFTEN TAKE THEIR DECISIONS BASED ON WHAT THEY CONSIDER «NORMAL».** FOR EXAMPLE, MANY TEENS THINK THAT IT IS «NORMAL» FOR PEOPLE THEIR AGE TO DRINK ALCOHOL, SMOKE CIGARETTES OR JOINTS AND CAN DO SO THEMSELVES, JUST BECAUSE THEY THINK IT IS «NORMAL» TO DO SO.

A RECENT STUDY IN SWITZERLAND WITH 15 YEAR OLD ADOLESCENTS SHOWED THAT ALCOHOL CONSUMPTION IS VERY FREQUENT DURING ADOLESCENCE. ACCORDING TO THE RESULTS PUBLISHED IN 2010, 13% OF SCHOOL-GOING CHILDREN AND 27% OF 15 YEAR OLDS CONSUME ALCOHOL AT LEAST ONCE A WEEK AND 12% OF ADOLESCENTS OF 15 YEARS OF AGE SMOKE REGULARLY. HOWEVER, THE MAJORITY OF THESE ADOLESCENTS HAVE NEVER SMOKED POT.

SOURCE: ADDICTION SUISSE

We offer some suggestions for getting to know your child's friends and to let your child know what you like or not in his acquaintances.

### Offer your teenager to invite his friends home

Give him the opportunity to invite his friends home, since this will give you an opportunity to get to know them and at the same time it will show your child that you accept his friends and are open to discussion. Ask your child to invite some friends as part of activities with the family, for example skiing, going to the lake, or the movies.

### Watch out for criticism

It may be that you dislike some of your child's friends. If you do not agree with their behavior, express your opinion.

**But be careful to distinguish between WHO they are and their ACTIONS.**

Teenagers are very sensitive to criticism and may feel hurt and refuse dialogue if you criticize «what» they are. Say «I do not like when John did this...» rather than «I do not like John».

## Support your child in positive activities

You can encourage your child and friends to undertake activities they like, and with which you agree, (sports, dance or skating). Often children who are busy with activities are less inclined to smoke or drink and they in turn can serve as examples to other children to succumb to peer pressure.

## Accept that you will not always know everything

Each of us has his own 'secret garden', and this is the case with your children as well. Show interest in the activities of your children, what they think, and what they like, but accept the fact that they will not tell you the whole story. Show them you are there for them if they need it, but without forcing their hand, because they could refuse to talk and close themselves to you.

# YOUTH AND SCREENS



Computers and the Internet is part of the everyday life of your child. Teens use the information found in the virtual world according to their needs to enhance their development during their journey into adulthood. As they learn to surf the internet, they acquire the ability to find and select the information they seek quickly; social networks reassure them about their normalcy and popularity (e.g. some teens can earn respect of their peers through their performance in video games online), and some specialised websites can give them very specific answers to their questions, e.g. about drug use or sex.

However, although the Internet is useful to develop some skills, it has its dangers. A good number of children and teenagers put themselves in dangerous situations by revealing information regarding their privacy. Unknowingly, they may communicate their address and feelings, and become easy prey for malicious people and criminals. The result is that one in every two adolescents (52% according to a survey conducted by Microsoft) has been harassed or insulted on the internet. A third of them said they would turn to their parents if a similar situation were to happen to them. Thus, you as parents should be prepared to troubleshoot Internet related problems.



- 4 ADOLESCENTS OUT OF 5 WRITE THEIR FIRST NAME ON THEIR FACEBOOK PROFILE
- 4 OUT OF 5 POST THEIR PICTURE, AND 2 OUT OF 3 POST PICTURES OF THEIR FRIENDS ON THEIR FACEBOOK PROFILE PAGE. EVEN AFTER THEY ARE TOLD OF THE PUBLIC NATURE OF THE CONTENT THAT THEY POST, THEY SEEM UNAWARE IF THE RISKS THAT THAT CAN POSE TO THEM. THEY THINK THAT THE PHOTOS EVEN WITH THE INFORMATION PUBLIC ON THE FACEBOOK PAGE DOES NOT SUFFICE TO POSE AN EFFECTIVE THREAT TO THEIR SAFETY.
- 6 OUT OF 10 ADOLESCENTS WRITE THE NAME OF THE CITY THAT THEY LIVE IN
- 1 OUT OF 2 WRITE THE NAME OF THEIR SCHOOL
- 4 OUT OF 10 WRITE THEIR PSEUDO NAME (MAIL ADDRESS)
- 3 OUT OF 10 WRITE THEIR FAMILY NAME
- 3 OUT OF 10 WRITE THEIR E-MAIL ADDRESS
- 1 OUT OF 10 WRITE THEIR NAME AND LAST NAME ON THEIR PROFILE PAGE
- 1 OUT OF 20 WRITE THEIR FULL NAME, PHOTOGRAPH, NAME OF THE SCHOOL AND THEIR CITY ON THE PUBLIC PROFILE
- 2 OUT OF 3 RESTRICT ACCESS TO THEIR ACCOUNTS (BY MAKING THEIR PAGES PRIVATE, PROTECTING A PASSWORD, HIDE THEIR PAGE FROM PUBLIC VIEW...)
- **ADOLESCENTS WHOSE PARENTS KNOW THEY HAVE AN ONLINE PROFILE ARE MORE LIKELY TO SHOW THEIR PERSONAL INFORMATION ONLY TO THEIR FRIENDS THAN ADOLESCENTS WHOSE PARENTS ARE UNAWARE THAT THEY HAVE A PROFILE**

WWW.ACTIONINNOCENCE.ORG

Many teens have their own blog or Facebook page. You need to set the limits and make them responsible regarding the information they may upload to the internet. Remind them, amongst other things, that they are legally responsible for the information they provide online, and that they can not upload photos or videos of others without their consent (or that of

Help your teen to be critical about the Internet, teach him that just because one can find information on almost everything on the internet, it may not necessarily be true or accurate. During the time the teenager surfs the net, watches TV or plays video games, it is important for him to be critical regarding the information accessible to him. Show him how to interpret the images and

**WE URGE PARENTS TO KEEP, AS FAR AS POSSIBLE, SOME CONTROL OVER THE INTERNET ACCESS TO THEIR CHILD.** INSTALL THE COMPUTERS AND THE TV IN THE COMMON ROOMS OF THE HOUSE RATHER THAN IN YOUR TEEN'S ROOM. YOU CAN ALSO USE FILTERS TO BLOCK ACCESS TO CERTAIN WEBSITES OR MAKE IT MORE DIFFICULT TO SHARE PERSONAL INFORMATION. HOWEVER, NO FILTER OR BARRIER IS FOOLPROOF, THEREFORE YOU HAVE TO MAINTAIN AN ACTIVE DIALOGUE WITH YOUR TEEN ABOUT INTERNET USAGE.

parents of children that are minor) or that it is illegal to download commercial music and videos on P2P sites. Tell them that hurting or discriminating against someone online is just as illegal as would be the case in «real» life. It is important to know and understand these rules and to discuss them, because they will help your child to avoid unpleasant experiences on the net.

advertising and how to verify the information that is available. Some websites, including [www.jeunesetmedias.ch](http://www.jeunesetmedias.ch), are dedicated to the analysis of urban legends that often circulate among teenagers.

The sites [www.prevention-web.ch](http://www.prevention-web.ch), [www.addiction-vaud.ch](http://www.addiction-vaud.ch), [www.safesurfing.ch](http://www.safesurfing.ch) and [www.actioninnocence.org](http://www.actioninnocence.org) contain useful information for both parents and their adolescents.

IN CASE OF DOUBT ON YOUR PART, YOU AS A PARENT CAN:

- POINT OUT TO YOUR CHILD THAT THE TIME SPENT ON THE INTERNET (IPHONE, ONLINE GAMING, ETC.) IS NO LONGER AVAILABLE FOR OTHER ACTIVITIES INDISPENSABLE TO HIS OR HER DEVELOPMENT AND GROWTH, SUCH AS SPORTS, PREPARATION FOR EXAMS, ETC.
- **TRY TO SET RULES FOR INTERNET USE (E.G. LIMITED DURATION, OR AFTER HAVING FINISHED HOMEWORK, ETC.)**
- INVITE HIM TO REVIEW THEIR INTERNET USAGE THEMSELVES BY USING TESTS ON SITES SUCH AS **(E.G. ON [WWW.ADDICTION-VAUD.CH](http://WWW.ADDICTION-VAUD.CH)).**

In addition to the risks enumerated above associated with normal use of the internet, it is important to know that just like in the case of alcohol, tobacco or other drugs, excessive use of new electronic media (Internet, Facebook, games, SMS, mobile phones, etc.) can lead some teenagers to a form a sort of dependence (without substances) that specialists call «cyberaddiction».

The characteristics of cyberaddiction are: compulsive use of these new media, loss of control of their use, interests that are limited to that activity alone (only internet, Facebook, SMS, games, etc.), symptoms such as nervousness when it is not possible to use them, and the fact of continued use despite negative consequences (eg. decreased performance at school).

Here it is important to note that the boundaries between the safe use of these new media electronics and excessive use and dependence are difficult to establish by a non-specialist regarding addictions. There is no unequivocal sign, such as time spent on the Internet, which would prove the existence of cyberaddiction.

Finally, if your child's behavior does not change, and you are still concerned, we recommend you to consult a specialist dealing with non- substance addictions (eg. [www.jeu-excessif.ch](http://WWW.JEU-EXCESSIF.CH)).

# GIVE THEM LIBERTIES, AND FIX LIMITS



As children grow, it is necessary that parents give them more responsibility to develop their independence and prepare them for adulthood. Your role as a parent is to establish a new balance between what is allowed and what is forbidden. It is not advisable to focus on what is forbidden only, but to progressively give more freedom while ensuring the child's safety and well-being. The new rights come with new responsibilities and obligations (the right to leave, but until a certain time; the right to consume alcohol, but in moderation, etc.).

Your teen needs you, your support and your affection. But he also needs you to set the limits of what is acceptable. He needs a compass to guide him or her in life. Some rules are negotiable and can be discussed. Others depend on you, and it's up to you to determine what is allowed in your home.

There are several points that you can disagree upon: language, clothing, time spent on the telephone, Internet use, expenditures, drug and alcohol... Make a list of the most important points and points that you are prepared to negotiate. It is

better to be flexible about issues such as hairstyle and clothing and stand firm on drug use. You could yield, to some extent, certain rules to your teen, particularly with respect to privacy, for example not going into his room when not there, nor poke about his stuff.

Clearly state the penalties if he/she disobeys the rules that you have set. It is important that sanctions correspond to the rule that your teen has broken, so that he/she can make the connection, and does not feel punished for no reason. The punishment must be for the transgression of the rule and not of the person; do not tell your teen that he or she is good for nothing, do not humiliate him, rather be explicit about what you do not agree with and why.

**Talk about his behavior, about he or she is «doing», and not what he or she «is».** Avoid the need to act on impulse in the heat of the moment, it is perhaps

better to wait a bit before acting; however, do not wait too long, so that the relationship between the transgression and the punishment remains clear.

It is important to enforce a previously announced punishment, rather than to threaten a teenager with a punishment which you do not intend to or cannot enforce. For example, do not threaten to kick him out of your house, unless you have actually contacted a specialized institution for placement.

You may also sometimes find a rule too harsh and decide to relax it. In this case, take the time to explain this change. The rules may be modified, but should not be understood as being arbitrary.

**THE MORE IN ADVANCE THE PUNISHMENT LINKED TO THE RULE IS KNOWN, THE MORE THE TEENS WILL BE ABLE TO JUDGE WHETHER IT IS WORTH TAKING THE RISK OF TRANSGRESSING. FOR EXAMPLE, STATE CLEARLY THAT IF HE RETURNS LATER THAN THE CURFEW, HE WILL LOSE THE RIGHT TO GO OUT THE FOLLOWING WEEKEND.**

# OUTINGS AND HOLIDAYS



You probably remember your first few outings when you were a teenager. Your teen also dreams of experiencing moments of intense pleasure and sharing. When they leave, teens like to often «let go». Whether to brave the danger, show off or make friends, they could take risks, sometimes while drinking alcohol, cannabis or other drugs.

Sometimes under the influence of these substances, adolescents can adopt inappropriate behavior, react violently, endangering themselves, such as taking the wheel of a car or as a passenger of a car, or by adopting risky sexual behavior. Teenagers are well aware of these risks but often imagine that nothing will happen to them. They often have feeling of being invincible.

## Request information on their whereabouts when out

Ask your child what he/she plans to do, where he/she wants to go and with whom he/she meets. Often your teenager will not know yet, because at this age they like to hang out with no particular plans in order not to be «excluded», and just to spend time with friends and chat. Show that you are interested, without asking too many questions, to let them «live their lives».

## How often and how late?

The question «how often» and how late your teen should be allowed out is often a matter of tension between parents and teens. Agree a clear and united message to your teen, together as a couple (parents). Curfew should

YOUR ROLE AS A PARENT IS TO ESTABLISH CLEAR RULES THAT WILL LESSEN THE RISK. IT IS YOUR DECISION TO LET YOUR CHILD GO TO A PARTY, HOW MUCH MONEY HE/SHE CAN HAVE AND WHAT TIME HE / SHE MUST RETURN. YOU WILL NOT BE A «BAD PARENT» IF YOU IMPOSE THESE LIMITS. EVEN IF YOUR TEEN COMPLAINS THAT YOU DO NOT TRUST HIM, REMIND HIM THAT TRUST IS SOMETHING THAT MUST BE WON. **ESTABLISH CLEAR RULES AND CHANGE THEM AS THE TEEN-AGER PROVES TRUSTWORTHY.**

take into consideration the age and attitude of your child. For example, a 12 year old child should not be allowed to go out without being accompanied by an adult. For older children, the curfews should be limited in function of the weekend and the exact time should be clearly established.

### The issue of transport

Talk to your teenager. Will you take him/her? Who will come to pick him/her up? How will he/she come back? Remind them to never get in the car of someone he/she does not know. Also tell them clearly never to get into a car driven by someone who is drunk or under the influence of drugs, whatever the circumstances. Encourage your child to call you if necessary for you to help find a solution or to come and pick him/her up. If they are at a sleepover confirm with him/her that the everything is organised with the agreement of the responsible adult at the sleepover.

### Drug and alcohol consumption

Set very clear limits regarding the consumption of alcohol, tobacco or illicit drugs. Although adolescents over 16 years of age have the right to consume some light alcohols such as beer, they are not authorized to offer it to their younger friends. Talk to your teen about the effects of alcohol and drugs on behavior. Be objective: talk about the risks as well as the positive effects (such as outgoing, happiness and well-being) associated with the consumption of these substances. The more objective you are, the more inclined your teen will be to accept the limits imposed.

Teenagers are three times more likely to smoke if both parents smoke: a quarter of children whose parents smoke start smoking themselves, while for children whose parents do not smoke, only 1 in 10 children is likely to start smoking. And of course, adolescents are also influenced by the fact that siblings smoke (or not).

## Talk together after the evening

Your teen may want to share some of the things that happened during the evening with you, things he/she liked or did not otherwise appreciate. Be open for a discussion and be prepared to listen, but also respect it if he/she prefers not to talk.

## What if the rules are not followed?

If your teen does not comply with the established rules, such as the time decided, or the consumption of the agreed substances, then you must react quickly and with clarity. Give him the opportunity to explain what happened and also remember to give them

a «second chance». But if the problem recurs, do not hesitate in enforcing the sanction that was agreed upon in case of a breach of trust. Trust must be earned and if that trust is violated, then the consequences should be clear: If he or she came back later than agreed upon, then tighten the curfew for the next time. If he or she spent money on the use of forbidden substances then reduce the pocket money for the next time.

Tell your child not to hesitate to call you or [call 144](#) if he/she or any of their friends are at risk. It would be regrettable if your child is in a dangerous situation and does not call you because he/she is afraid of your reaction.

## IS YOUR CHILD AT RISK?

IF YOUR CHILD IS OBVIOUSLY DRUNK OR UNDER THE INFLUENCE OF ANY SUBSTANCE UPON RETURNING TO HOME, MAKE SURE FIRST THAT HE/SHE IS NOT IN IMMEDIATE DANGER. FIND OUT WHAT HE/SHE HAS CONSUMED, HOW HE/SHE FEELS. IF YOUR CHILD IS NOT ABLE TO ANSWER, IS NOT ABLE TO CONCENTRATE, FAINTS OR, CONVERSELY, IS HYSTERICAL, DO NOT HESITATE TO CALL A DOCTOR OR TAKE HER TO THE EMERGENCY ROOM. AN OVERDOSE OF ALCOHOL OR A COMBINATION OF CERTAIN SUBSTANCES CAN BE LIFE THREATENING. **CALL 144** WHERE EMERGENCY PERSONNEL WILL HELP YOU ASSESS THE SITUATION AND ORGANIZE ASSISTANCE IF NECESSARY.



# DISCUSS THE PROBLEMS OF ALCOHOL, TOBACCO AND DRUGS



Today, alcohol and tobacco are part of the 'everyday life' of teenagers. It is therefore normal that teens have questions about these products and they envisage drinking it. Although as a child, they were able to express an opinion clearly marked against the consumption of these substances, these convictions may become weaker as they become teenagers since it starts to become «normal» to consume.

## Smoking

Tobacco in any form is bad for health. We recommend that parents should have a strong stance against the use of tobacco. If your child already smokes, you can prohibit smoking at home to strengthen your position.

Even if you smoke, you can always tell your children that they should not do the same. Tell them how difficult it is to stop once started. You can also tell

**IN REALITY, YOU DO NOT NEED «PROOF» OF HIS/HER CONSUMPTION TO BEGIN TALKING ABOUT THIS WITH YOUR CHILD. YOU CAN ACTUALLY HELP YOUR TEEN TO BUILD HIS OWN OPINION ABOUT ALCOHOL, TOBACCO AND DRUGS. TO DO THIS YOU MUST TALK, BE OPEN TO ARGUMENTS AND BE SURE OF YOUR OWN STANDS. YOU WILL NEED TO CLEARLY DEFINE WHAT IS ACCEPTABLE TO YOU AND WHAT IS NOT. YOU MAY ALSO FIND IT USEFUL TO REFER TO THE LAW TO HELP YOU ASSERT YOUR POSITION. HOWEVER, DO NOT RELY SOLELY ON THE LAWS AND CLEARLY STATE WHAT YOU THINK IS ACCEPTABLE OR NOT.**

Here are some ideas that will help you define your opinion and also to help you in your discussion with your teenager. Knowing this information can help you be sure of your point of view, especially if your child is ill-informed:

them that you are aware that smoking is bad for your health but you are not able to stop. Show that you are taking this issue seriously by banning yourself to smoke at home as well.

For your information, note that it is illegal to sell cigarettes to minors in almost all Swiss cantons.

**TEENAGERS ARE THREE TIMES MORE LIKELY TO SMOKE IF BOTH PARENTS SMOKE:** A QUARTER OF CHILDREN WHOSE PARENTS SMOKE START SMOKING THEMSELVES, WHILE FOR CHILDREN WHOSE PARENTS DO NOT SMOKE, ONLY 1 IN 10 CHILDREN IS LIKELY TO START SMOKING. AND OF COURSE, ADOLESCENTS ARE ALSO INFLUENCED BY THE FACT THAT SIBLINGS SMOKE (OR NOT).

## Alcohol consumption

Adults can consume certain amounts of alcohol without too much risk to their health. Children under 16 should not drink alcohol, as this may affect their body more significantly than adults: some of their organs like the brain or liver are more vulnerable to the effects of alcohol than adults. However, on special occasions, like New Years eve, you can permit them to have a little alcohol if they ask, and teach them to manage their drinking in moderation.

The law prohibits selling or supplying alcohol to teens under 16 years, and the age limit is still higher (18 years) for spirits and alcopops. When they are over 16 years, teens are legally allowed to buy beer or wine. This does not mean, however, that you must accept alcohol consumption at home. You can discuss what is acceptable and what is not, as well as whether at home or out.

Many teens say they drink alcohol for entertainment and well-being and that it helps to have a good time with friends. It is important to remind them that pleasure is not necessarily related to alcohol consumption, even though it seems like drinking can facilitate it to some extent. If your teen thinks that alcohol consumption is a prime contributor to a good evening, you can say that alcohol helps to relax the atmosphere to some extent, but it can also spoil the whole evening.

## Using drugs such as cannabis

In Switzerland it is illegal to consume, possess, sell or grow cannabis or other drugs. Your child may find it strange that on the one hand, the drug is illegal, but on the other hand, it is easy to obtain. Parents should never allow the use of these drugs at home or increase spending money for their children to cover the cost of their consumption. Teens forget that often the use of «soft» drugs can get them into trouble.

You can find more information about alcohol, tobacco, cannabis and other drugs on the website [www.addiction-vaud.ch](http://www.addiction-vaud.ch) and [www.addictionsuisse.ch](http://www.addictionsuisse.ch), where it is also possible to download free documents, as well as on the [www.ciao.ch](http://www.ciao.ch) website, which allows the adolescents to ask questions and receive responses in total anonymity from professionals. It also offers information, addresses and other fora of discussions.

**SOMETIMES, TEENS USE ALCOHOL OR DRUGS NOT TO HAVE A GOOD TIME, BUT RATHER TO FORGET THEIR WORRIES.** THE RELAXATION RESULTING FROM THE CONSUMPTION OF THESE PRODUCTS, HOWEVER, IS ONLY TEMPORARY. IT IS NORMAL TO TRY TO FORGET ONE'S WORRIES, BUT IT IS DANGEROUS TO DO SO BY ADOPTING PROBLEMATIC BEHAVIOR SUCH AS DRUG USAGE. DRUG USAGE CAUSES SIGNIFICANT RISKS OF LOSING SELF CONTROL AND OF GETTING INTO EVEN MORE DIFFICULT SITUATIONS.

# TALKING ABOUT SEXUALITY WHILE RESPECTING THEIR PRIVACY



There are certain discussions that are more sensitive than others for which parents are perhaps not the ideal people to turn to. The love life of your teen may be one of these topics. You must

accept that they do not entrust you everything. Teens have the right not to say everything, and parents do not need to know everything.

**HOWEVER, BE OPEN TO DISCUSSION WITH YOUR TEEN. WHEN YOU TALK (AMONG OTHERS) ABOUT THE ABILITY TO SAY NO TO SOME DRINKS, YOU SHOULD ALSO TALK ABOUT THE RIGHT AND ABILITY TO SAY NO TO UNWANTED SEXUAL ACTIVITY. ALTHOUGH YOU DO NOT HAVE TO KNOW THE DETAILS ABOUT THE SEX LIFE OF YOUR CHILD, LET THEM KNOW YOU WILL BE THERE IF NEEDED.**

Your child is going through a period of questions and uncertainties about what is normal and correct. They might want to find information on the internet, but unfortunately, the net is full of pictures on sexuality which highlight sexual prowess and unequal relationships. However, there are reliable websites as well where teens can ask intimate questions anonymously and receive answers from specialists, in particular, [www.ciao.ch](http://www.ciao.ch), a site you can recommend to your teen.

It is possible - and desirable - that your teen has access to condoms. Maybe one day you'll see some in his room or in his belongings. Before you get angry, and wonder about his sex life, ask yourself the question: is it better that my child is protected against sexually transmitted diseases or not? The fact that your teen has condoms does not mean that he or she will use them. But it can be taken as a good sign which means that your adolescent takes his

or her health and safety seriously. In addition, you will find answers to your questions including contraception, pregnancy and sexual diseases at the Profa Family Planning Center. The free phone number [0840 844 844](tel:0840844844) is there for migrants offering support and advice.

### Marriage

Another question that may preoccupy you could be the marriage of your child and his or her choice of partner. Like any parent, your child's happiness is a concern, particularly when it comes to choosing the person with whom he or she wishes to marry. And you would like to be involved in the choice of partner but your child does not agree to your participation.

Your task is to strike a balance between the need to follow traditions and respect your child's desire and the right to choose the person he or she wants to marry. In Switzerland, the law is very



clear: every person has the right to decide for herself whether they want to marry and if yes who she marries. Forcing people to marry is a human rights violation that is punishable by law. The District Office ([www.vd.ch/mariage-si-je-veux](http://www.vd.ch/mariage-si-je-veux)) for the integration of foreigners provides consultation and specialized services concerning arranged marriages 021 316.92.77.

## Female Genital Mutilation

By migrating, it is natural to want to protect their children and relate to what is known: the traditions of the country of origin and the habits of the parents. However, when these customs are harmful to health we must renounce them. Female genital mutilation (FGM) also known as excision and infibulation are hazardous to health: bleeding and infection caused by FGM can have irreversible consequences on the lives and health of girls.

Many countries, including Switzerland have changed their laws to prohibit female genital mutilation. A new section of law was introduced into the Criminal Code (Article 124) to condemn those who commit or organize FGM in Switzerland or elsewhere, and even with the consent of the girl. You can use the **Cantonal Office for Integration of Foreigners** (tel 021/316 92 77) for guidance and support.

## Sexual Violence

All people, men and women, migrants and Swiss can be victims of sexual violence. It can be a rape with penetration, but also other acts of sexual nature, such as molestation and harassment. It is important to know that these acts are not the result of the attitude of the victim. Girls are not raped because they wear a skirt or makeup, or because they behave in a «provocative» manner. In many cases, sexual violence is not the evidence of poorly controlled «sexual attraction», but of a desire to

hurt, belittle or control the victim. In the majority of cases, the perpetrator of sexual violence is not a stranger but a relative or a family member.

It is estimated that 30% of girls and 10% of boys have experienced some form of sexual coercion at least once in their lives before the end of their schooling. Nearly 6% of young women have been raped or suffered a serious sexual assault (source:CONSYL).

Sexual violence can have many consequences for life and development,

including being in healthy relationship or resorting to the use of drugs or alcohol, and taking sexual risks. If you think your child has been the victim of acts of sexual violence, it is important that you show him or her by being attentive. Offer your support and advice while respecting their privacy. Do not try to them feel guilty over his behavior or risk taking, or «normalize» the suffering. There is no «normal» sexual violence.

**IN EVENT OF A RAPE WITH PENETRATION, IT IS VERY IMPORTANT THAT YOU TAKE YOUR CHILD TO THE EMERGENCY SERVICES AT THE HOSPITAL. IF A RAPE VICTIM IS TAKEN TO THE HOSPITAL WITHIN 3 DAYS, A POTENTIAL PREGNANCY MAY BE AVOIDED (IT DOES MEAN AN ABORTION BUT RATHER A PREVENTION) AND ALSO COULD PREVENT THE HIV VIRUS, THAT IS RESPONSIBLE FOR AIDS. CALL 144 TO HELP AND ADVICE FURTHER.**



# PUNISHMENTS AND PHYSICAL CONSEQUENCES



A major task of being parents, from the young age of their child until adolescence, is to set limits, clarify the rules and ensure that they are met. As a parent, it is essential that you be sure that you set the rules, and you are ready to crack down if your child does not comply. Every action - good or bad - has consequences, and it is a fundamental rule of life that you must teach your child. Discuss the consequences and the punishments with your child if he does not respect the rules you agreed upon. It is possible that in some cases the rule was so important and that the disobedience of it was so serious that the only corrective measure would be a corporal punishment, sometimes called a «good spanking» is necessary. But what are these cases that are so extreme that corporal punishment

is the only way? What are the cases where no other form of compensation or discussion would have been possible? Finding the right balance between a «just» punishment and unjustified violence may be one of the biggest challenges a parent faces.

Perhaps you find that the Swiss parents are too «soft» and too permissive, that they do not dare to punish their children. Maybe you remember from your own childhood, when your parents were hard and that it is because of these corrections that you yourself received that you have become a good person. Maybe it is normal in your culture that parents show their authority by hitting their children may think that you might be judged negatively in your community if you are too soft. Maybe

this is true, at least in part. However, in most cases, parents who hit their children do not do it because it was the only possible attitude. This is not a controlled and justified decision, in most cases, parents who hit their children do so because they «can do more» by rage or excitement, because they fail to control. The slap, kick, therefore, is not a proof of the power and authority of the one who gives... on the contrary, it is a evidence of weakness, a sign that the parent has lost control and got carried away.

However, the stress of migration, lack of social support, financial stress are all elements that can increase the risk of violence. The same violence is multifaceted. It may include physical violence, such as beatings and punishments. But it can also include psychological violence, abuse and humiliation. Finally, neglect is itself an act of violence- Punishable by law. All these various acts of violence contribute to impair the physical, moral and intellectual development of children.

**OFTEN, CORPORAL PUNISHMENT DOES NOT ACTUALLY RELIEVE THE PARENTS; ESPECIALLY WHEN A «NO» AND A CLEAR EXPLANATION WOULD OFTEN BEEN MORE EFFECTIVE TO RESTRAIN THE CHILD. LOOK FOR OTHER WAYS TO SHOW YOUR AUTHORITY, WAYS THAT NOT ONLY STRENGTHEN YOUR AUTHORITY AS A PARENT, BUT SERVE TO GUIDE HIS CHOICES IN HIS ADULT LIFE.**

Is that really the message you want to give your child? That violence is the only way when things do not go the way he wants or when he cannot take it anymore? If your child sees you make use of violence when you are angry, he or she will tend to mimic this type of behaviour.

All families, even the «best» of them experience violence, even if people have a good education and a good job.

If you need help to better understand your situation, or to get out of a vicious circle of violence, if you need protection, or if you know someone who is faced with violence, there are services to help you. [The Youth Protection Service](#) can give you legal advice and if necessary take action to protect children. Above all, do not hesitate to call for help. [La Main Tendue](#) and [«Telme»](#), numbers 143 and 147 respectively are here to help you.

# TAKE RISKS: NEED? DANGER?



Adolescence is a time when many young people take risks by engaging in extreme sports, by surfing the Internet, by consuming alcohol and drugs or in sexual relationships. Often parents and adolescents do not perceive risk in the same way: while adults are considering the possible negative consequences of these activities, teens see more of their entertainment value, which leads them to underestimate the danger. Parents often forget the positive aspects, such as the pleasure and challenge.

Young people need to live new experiences, thrills, flirting with their limits. Curiosity and the desire to explore new ways of being is part of the development of teens. This is how they learn and acquire new skills.

So it is often out of curiosity that teens will drink alcohol or smoke. This experience usually has no serious consequences. However, parents should adopt a clear stance against these consumptions.

**IT IS UP TO THE PARENTS, HOWEVER, TO DECIDE WHAT RISKS ARE ACCEPTABLE AND UNDER WHAT CONDITIONS. IT IS NOT SIMPLY TO ALLOW OR PROHIBIT SOMETHING, BUT RATHER TO FIND WAYS TO BETTER MANAGE THESE RISKS AND MITIGATE THEIR CONSEQUENCES WITH THE TEENAGER.**

# NEED FOR INFORMATION



## INTEGRATION

### **CANTONAL OFFICE FOR THE INTEGRATION OF FOREIGNERS**

021 316 49 59, [www.vd.ch/integration](http://www.vd.ch/integration)

### **LAUSANNE OFFICE FOR IMMIGRANTS**

021 315 72 45, [www.lausanne.ch/bli](http://www.lausanne.ch/bli) :

### **OFFICE RESPONSIBLE FOR MIGRANTS, COMMUNE DE RENENS**

021 632 77 95, [www.renens.ch](http://www.renens.ch)

## ASSOCIATIONS - COMMUNITIES - CONTACTS

You can find all the addresses of the foreigners associations in the canton of Vaud in the brochure «Contacts» of the Cantonal Office for the integration of foreigners.

You can also order the brochure, free of cost directly from the office at Rue du Valentin 10, 1014 Lausanne, 021 316 49 59, or from [www.vd.ch/integration](http://www.vd.ch/integration)

YOU CAN OBTAIN THIS BROCHURE FROM THE WEBSITE OF THE  
LAUSANNE REGION: **[WWW.LAUSANNEREION.CH](http://WWW.LAUSANNEREION.CH)**

## FOR QUESTIONS REGARDING ADOLESCENTS

### WWW.CIAO.CH

Adolescents can ask personal questions anonymously and receive responses from professionals on a wide range of subjects.

### TELME

To talk about their problems and ask questions, counseling, prevention and information for youth and parents, Tél. 147, [www.telme.ch](http://www.telme.ch)

## SOCIAL ASSISTANCE

### APPARTENANCES

L'Espace Mozaïk, provides migrants with training, meeting and psychosocial company that promotes the building of social ties and a mutual integration with society in Switzerland, tél. 021 320 01 31, [www.appartenances.ch/index.php?itemid=62&mse1=4](http://www.appartenances.ch/index.php?itemid=62&mse1=4)

### LA FRATERNITÉ

Centre Social Protestant, 021 213 03 53, Social Services specialised for immigrants, [www.csp.ch/csp/prestations/consultations/migration/](http://www.csp.ch/csp/prestations/consultations/migration/)

### LAUSANNE OFFICE FOR IMMIGRANTS

021 315 72 45, [www.lausanne.ch/bli](http://www.lausanne.ch/bli)

### MEETING POINTS

Multicultural areas of Churches - Permanent social meeting point area - 021 312 49 00.

## PSYCHOLOGICAL SUPPORT

### APPARTENANCES

Psychotherapeutic Consultation for migrants - CPM- 021 341 12 50, [www.appartenances.ch](http://www.appartenances.ch)

### THE SUPEA

Offers comprehensive care for the treatment of children and adolescents - 0 à 18 years - with mental health difficulties [www.chuv.ch/pediatrie/dpc\\_home/dpc\\_infos/dpc\\_infos\\_organisation/dpc\\_supea.html](http://www.chuv.ch/pediatrie/dpc_home/dpc_infos/dpc_infos_organisation/dpc_supea.html)

### TELME

Counseling for youth and parents, tel. 147, [www.telme.ch](http://www.telme.ch)

## LA MAIN TENDUE

Tél. 143, [www.143.ch](http://www.143.ch). By calling 143, or via the Internet, you will always find an attentive and understanding ear, someone without preconceived ideas with whom you can talk about anything that concerns you

## LEGAL ASSISTANCE

### LEGAL ASSISTANCE TO EXILANTS - SAJE

Ensures the legal, hospitality, guidance and monitoring of migrants, 021 351 25 51, [www.saje-vaud.ch](http://www.saje-vaud.ch)

### CENTRE SOCIAL PROTESTANT - CSP

Legal consultation, 021 560 60 60, [www.csp.ch/vd/prestations/consultations/juridique](http://www.csp.ch/vd/prestations/consultations/juridique)

### JET SERVICE

Legal Consultation for young adults, 021 560 60 30, [jet.service@csp-vaud.ch](mailto:jet.service@csp-vaud.ch)

## MEDICAL ASSISTANCE

### UNIVERSITY HOSPITAL POLYCLINIQUE - PMU

24 hour consultations 24h/24, 021 314 60 60, [www.polimed.ch](http://www.polimed.ch)

### MIGES PLUS

Provides you with lots of information on health, translated into several languages, [www.migesplus.ch](http://www.migesplus.ch)

## SEXUALITY, SEXUALLY TRANSMITTED DISEASES, MUTILATIONS, ETC.

### FAMILY PLANNING

Prevention among migrants, marriage counseling questions about sexuality and sexually transmitted diseases, [www.profa.ch](http://www.profa.ch), tel. 0840 844 844

### CANTONAL OFFICE FOR INTEGRATION OF FOREIGNERS

Inform or guide you about female genital mutilation, tel. 021 316 92 77 [www.vvd.ch/integration](http://www.vvd.ch/integration)

### **MIGES PLUS**

Provides you with lots of information on health, translated into several languages, especially on female genital Mutilation at [www.migesplus.ch/index.php?id=8&uid=69&L=1](http://www.migesplus.ch/index.php?id=8&uid=69&L=1)

### **ASSOCIATION FAIRE LE PAS**

Talk about sexual abuse: [www.fairelepas.ch](http://www.fairelepas.ch)

### **FAMILLES SOLIDAIRES**

Support for families that are confronted with sexual abuses, [www.familles-solidaires.ch](http://www.familles-solidaires.ch)

### **ACTION INNOCENCE**

Prevention of Pedophilia on the internet, [www.actioninnocence.org](http://www.actioninnocence.org)

## **FORCED MARRIAGES**

### **CANTONAL OFFICE FOR FOREIGNERS**

They can help you at tel. 021. 316 92 77  
[www.vvd.ch/mariage-si-je-veux](http://www.vvd.ch/mariage-si-je-veux)

## **VIOLENCE**

### **YOUTH PROTECTION SERVICE - SPJ**

[www.vd.ch/spj](http://www.vd.ch/spj)

### **VIOLENCE QUE FAIRE**

Information, answers and discussions about violence in intimate relationships, [www.violencequefaire.ch](http://www.violencequefaire.ch)

### **MALLEY-PRAIRIE**

The Centre in Lausanne provides shelter for women and children at risk, [www.malleyprairie.ch](http://www.malleyprairie.ch), 021 620 76 76

### **TEL ME**

Counseling for young people and parents, tel. 147, [www.telme.ch](http://www.telme.ch)

### **LA MAIN TENDUE**

Tél. 143, [www.143.ch](http://www.143.ch). By calling 143, or via the Internet, you will always find an attentive and understanding ear, someone without preconceived ideas with whom you can talk about anything that concerns you.

### **LES BORÉALES**

Tel. 021 314 66 33, [www.chuv.ch/psychiatrie](http://www.chuv.ch/psychiatrie)

## **DRUGS, ALCOHOL, TOBACCO, INTERNET ETC.**

[www.addiction-vaud.ch](http://www.addiction-vaud.ch)  
[www.addictionsuisse.ch](http://www.addictionsuisse.ch)

## **SMOKING**

[www.stop-tabac.ch](http://www.stop-tabac.ch)  
[www.cipretvaud.ch](http://www.cipretvaud.ch)  
[www.monado.ch](http://www.monado.ch)

## **ALCOHOL**

[www.stop-alcool.ch](http://www.stop-alcool.ch)  
[www.bemyangel.ch](http://www.bemyangel.ch)  
[www.monado.ch](http://www.monado.ch)

## **CANNABIS**

### **DEPART**

Identification, assessment and support of young substance users  
[www.infofet.ch/inst/depart](http://www.infofet.ch/inst/depart)  
[www.addiction-vaud.ch](http://www.addiction-vaud.ch)

## **INTERNET, GAMES**

### **CENTRE DU JEU EXCESSIF**

For all matters relating to gaming, a toll free number is available 24h/24, tél. 0800 801 381, or [www.jeu-excessif.ch](http://www.jeu-excessif.ch)  
[www.sos-jeu.ch](http://www.sos-jeu.ch)

### **MOBILE SOCIAL NETWORKS, CHAT, GAMES, DOWNLOADS, ETC..**

[www.jeunesetmedias.ch](http://www.jeunesetmedias.ch)  
[www.surferprudent.org](http://www.surferprudent.org)  
[www.actioninnocence.org](http://www.actioninnocence.org)  
[www.prevention-web.ch](http://www.prevention-web.ch)  
[www.safersurfing.ch](http://www.safersurfing.ch)

### **DATA PROTECTION**

[www.netla.ch](http://www.netla.ch)

Cette brochure, inspirée par les «*Lettres aux parents*» d'Addiction Suisse, a été réalisée par Lausanne Région. Cette association de 29 communes de la région lausannoise travaille sur plusieurs thématiques, dont les dépendances et la prévention, notamment. Dans ce domaine, outre l'octroi de subventions, Lausanne Région se positionne comme un interlocuteur reconnu et agit en matière de prévention en menant des recherches, des actions telles que cette brochure, entre autres, ou en subventionnant des actions entreprises dans les communes.

Cette brochure a été réalisée avec le soutien du Canton de Vaud et de l'OFSP.

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L'Association Appartenances, fondée en 1993, a pour mission de favoriser le mieux-être et l'autonomie des personnes migrantes, et de faciliter une intégration réciproque avec la société d'accueil dans un rapport d'équité. Ses interprètes communautaires facilitent la compréhension mutuelle entre les interlocuteurs-trices de langues différentes et tiennent compte des contextes socioculturels.

Au sein de l'Espace Social la Mozaïk, le programme Migr'Action favorise l'insertion socio-professionnelle des jeunes migrant-e-s par la communication de modèles positifs, la promotion des échanges, l'encouragement à l'action, ainsi que le suivi à long terme.

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**WWW.LAUSANNERE.GOV.CH ET WWW.MIGESPLUS.CH**

ET POUVEZ LES COMMANDER GRATUITEMENT AU 021 613 73 35,

OU SUR MAIL@LAUSANNERE.GOV.CH ET INFO@MIGESPLUS.CH.

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