



How to Drug Proof Your Kids

In 1989 the book 'Drug Proof Your Kids' was published. Written by Dr Steve Arterburn, PhD in Addictions, with Jim Burns a youth specialist, the principles from the book were used to produce the programme How to Drug Proof Your Kids.

How to Drug Proof Your Kids® (DPYK), was written by Australian psychologist Glenn Williams in consultation with professionals and families affected by drug use. Key to its success is the involvement of parents, both in educating their children and each other.

Since its introduction in Australia in 1999, DPYK has launched in Canada, the UK, Ireland, France, New Zealand, South Africa, USA, and is currently being developed in Egypt, Germany, Switzerland and the Netherlands. DPYK was introduced to the UK in 2003.

DPYK has undergone an extensive evaluation and revision process, in consultation with Professor Toumbourou (Head of Health Psychology, Deakin University), John Bamberg (Research and Evaluation Consultant, Western Region Health Centre), and Murdoch Children's Research Institute, of Australia.

The revised programme launched in 2009, along with the original, has been built around the well documented premise that **'parents are the most influential factor in steering children away from drug use'**.

The new DPYK is an evidence-based, prevention-focused programme aimed at parents of 8 to 14 year old children.

DPYK highlights the risks of both illegal and legal drugs, with a particular emphasis on alcohol. Alcohol related issues covered include National Health and Medical Research Council drinking guidelines, latest research around brain development in adolescence, binge drinking, and parental and cultural influences.

In line with research, a major thrust is 'best practice parenting', with lots of information and tips on getting to know, enjoying, and positively influencing children. It is very interactive, allowing for lots of discussion and activities, with an added dimension of child participation in the final session.

"We think DPYK has a very sound logic by which it can take parents through a number of steps and changes they can make, that will lead their children to a healthy future."

Professor Toumbourou, 2009