



Osaamiskeskus

# SUBSTANCE ABUSE PREVENTION IN YOUTH WORK

Encounter, Listen,  
Presence

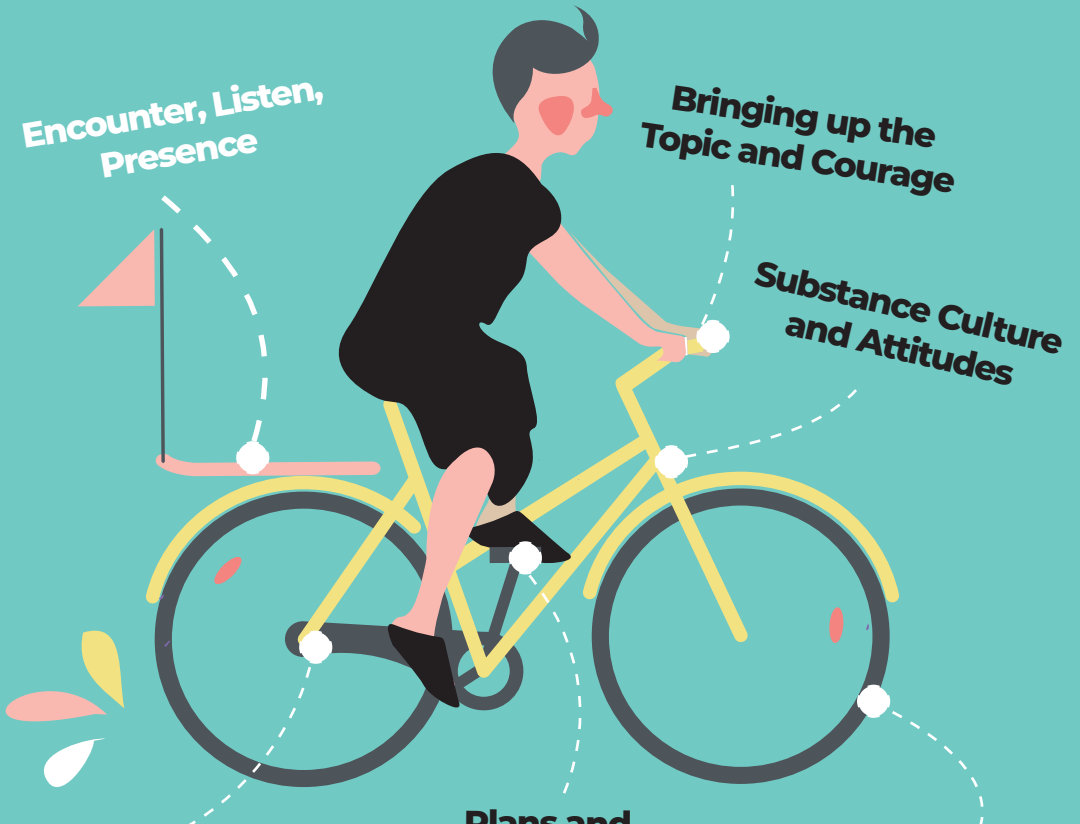
Bringing up the  
Topic and Courage

Substance Culture  
and Attitudes

Plans and  
Responsibilities

Peer Support and  
Proper Practices

Regulations and  
Boundaries/  
Permissiveness



## Encounter, Listen, Presence:

Encounter a youth, not a substance abuser. Remember to always give another chance! Above all, be there, be reachable for all youth you encounter.

'HI, HOW'S IT GOING?'

## Bringing up the Topic and Courage:

Be brave and start discussing difficult things. Be brave enough to talk, even if you don't know everything about substances! The most important thing is to communicate that you are genuinely interested in how the young person is doing.

## Substance Culture and Attitudes:

Think about the reasons for substance abuse, the experienced benefits, beliefs, unwritten rules, and self-evident rules together with the youth. Think about the ways to build their daily lives and find happiness without substances. In addition, think about your own stance towards substances and be aware of your own role as an authority.

'IS THERE SOMETHING?'

## Regulations and Boundaries/Permissiveness:

Think what is permitted and what is not together with the employees. Think about your own attitude towards substance abuse, dealing, selling, discussing substances and so on. Also, think beforehand how you are going to act if the boundaries are violated. This way, the stances and reactions are as fair as possible, and the practices are ethical. Discuss the points and objectives of the boundaries together with the youth and come up with communal rules together with all actors. Remember to update the rules to match the situation, if necessary. Remember that setting boundaries is a sign of caring; it creates a sense of security for the youth testing their wings. Remember to also discuss the aspects prohibited by law.



## Plans and Responsibilities:

Create the framework for substance abuse prevention in your work community. Schedule the substance abuse prevention themes to the annual clock as well. Name the responsible parties and share the weight of the work in this way, too. When we have shared and functional practices, more time and resources are left for reactive action and being more present with the youth. Regular and repetitive highlighting process of the topic will increase the impact of substance abuse prevention, and it also plays a part in lowering the threshold for discussing substances.

MESSY

## Peer Support and Proper Practices:

Share your own experiences, challenges, and practices both within your own work community and in multi-vocational groups. Participate in networking activities and question the nonfunctional practices. Be encouraged to share your own functional methods to lessen the damage caused by substance abuse.

FOR MORE INFORMATION, CHECK THE WEBPAGE AT EHYT.FI