



PODAR INTERNATIONAL SCHOOL, DAVANAGERE

INFORMATION to Grades 1 to 10

Date: 6 June 2026

ANTI-DRUG DRIVE & PARENTAL GUIDANCE BRIEF

Dear Parents,

To safeguard our students and address a critical societal challenge, Podar International School, Davanagere, recently organized an **Anti-Drug Awareness Session** as part of the government's nationwide initiative. Senior officials from the local police station conducted this vital program, emphasizing the legal, physical, and mental consequences of substance abuse.

In today's environment, exposure to risks happens at an increasingly early stage. Educating children *before* they face intense peer pressure is the most powerful way to protect them. This **Parenting Guide** compiles essential, expert-backed strategies to help you continue this critical conversation effectively at home.

PARENTING GUIDE: PROTECTING CHILDREN FROM SUBSTANCE ABUSE

The Reality of Early Exposure

Discovering that a child is experimenting with intoxicating substances—whether alcohol or deceptive products like flavored tobacco available nearby—is a parent's deepest fear.

When a violation occurs, immediate yelling, lecturing, or threatening often backfires. Instead, experts suggest that proactive, age-appropriate education should begin as early as **5 years old**. Because modern media and social environments highlight substance use, children develop an early curiosity that must be countered with guidance rather than silence.

Phase 1: Foundation (Ages 5 to 7)

At this age, children are highly receptive to parental values. However, formal, structured lectures will cause them to mentally disengage.

- **Utilize Natural Triggers:** Use real-life moments—such as a news report about a public figure suffering from alcoholism—as a conversation starter. Pause and ask, *"What do you think about this?"*
- **Build the Context:** Explain the broader impact clearly: *"Addiction doesn't just hurt the person; it destroys families and causes accidents that harm innocent people."*
- **Share Personal Stories:** If appropriate, share personal or family experiences with the consequences of alcohol. Relatable stories build a lasting emotional aversion to substances.

The same circular is available at: <https://www.podareducation.org/school/davanagere/davanagere-circulars>

- **Establish Family Rules:** Set explicit boundaries and clear consequences: *"In our family, substance use is strictly forbidden. Breaking this rule means losing privileges (like bicycle use or new festival clothes) for a year."*
- **Lead by Example:** Children mirror parental behavior. Abstaining from these substances at home reinforces the authenticity of your advice.

Phase 2: Navigating the Teenage Years (Ages 12 to 17)

This is the highest-risk window for substance introduction, driven by identity shifts, academic stress, low self-esteem, or peer pressure to look "cool."


Steps to Take Upon Discovery

If you discover your teenager has experimented with a substance, handle the situation strategically:

1. **Delay the Conversation:** Do not confront them on the same day when emotions, anger, or fear are peaking. Wait until the next day when both parties are calm.
2. **Avoid Transitions:** Do not address the issue as they are rushing out the door to school. Sit down during a quiet, private moment.
3. **Listen First:** Ask open questions: *"You tried this yesterday. What drove that choice, and how did it make you feel?"* Let them explain their side completely.
4. **Communicate Emotion, Not Anger:** Share your genuine disappointment and grief instead of attacking their logic: *"Hearing this has deeply hurt me. I placed immense trust in your judgment, and seeing you take this risk is heartbreaking."* Teenagers respond far better to emotional impact than to shouting.
5. **Enforce Consequences Consistently:** Implement the exact disciplinary action promised in Phase 1. The consequence must cause a tangible inconvenience in their daily routine to reinforce that the boundary is non-negotiable.
6. **Address the Underlying Cause:** If the trigger was exam stress, provide healthier coping mechanisms. If the cause is peer pressure, actively intervene, help them change their social circle, or address the group dynamics firmly.

Conclusion

Early education, constant emotional connection, and firm boundaries are our strongest tools against substance abuse. We request all parents to remain vigilant and supportive partners in this journey.

 *Glimpses and photographs from the live interactive session with law enforcement officials are attached below.*

With Warm Regards,

Team of PIS Davanagere

Glimpses of the Live Session



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