Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Yumpla go yan abaut elpe pren or pamle memba uda gad drug ane alcohol problem (Part 2 of 3) Torres Strait Islander Creole

Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol, Drugs (General)

Tags: Torres Strait Islander Creole Translation

Origin: Australian

Cost:
Free

Attachments

Yumpla go yan abaut elpe pren or pamle memba uda gad drug ane alcohol problem (Part 2 of 3)

Part tu

Wair dis part tu (2) blo dis factsheet yumpla go tok abaut wiskain po stat e da yan po pren or pamle memba blo yu.

Wanem po mekem wen yu e yan po da pren or pamle memba blo yu?

- **Yu muss stap calm ane reasonable.** No meke dempla wail bombai ol mait nor go wande tok po yu. Yu ken spik diskain. 'I e wori abaut yu ane I wande elpe yu'.
- **No zazz e dempla ane mekem dempla sem.** Sumtaim, ol pipol nor wande tok baut dempla alcohol or drug problems coz e meke dempla sem. Ip yu e sow-e dempla respect ane no zazz dempla, den ol go wande tok po yu.

Yu ken stat by explain po dempla wanem yu wori abaut.

E ken elpe ip yu spik dempla wanem yu wori abaut, da wai dempla e act ane wiskain e meke yu pil.

No accuse e da pren or pamle memba po teke drugs, trai po explain wiskain yu e wori abaut elth blo dempla or wiskain dempla e act.

U ken spik demkain ya, I wori abaut yu, da wei blo yu e sainze, e no luk gud.

Respect ane lesen po dempla.

Ip pren or pamle memba blo yu e wande spik po yu sumting abaut wanem em e wori abaut ane em wande sare story blo em, e important po show respect, lesen prapa en no mekem sem.

E gad wei's po show dempla yu e lesen, olsem:

- **Mek sure u act gad gud pasin,** olsem yu nordy ed blo yu wen dempla e spik sumting po yu, en focus lo dempla
- Trai po **rememba wanem** ol e spik en akse ol question po em abaut wanem em bin spik
- Ep yu e **no undastun ol sumting, akse dempla po explain** wanem dempla mean en repeat em go bygain po dempla wair words blo yu po show em yu e understand
- **Tink abaut** wanem da pren or pamle memba e bin sare wair yu ane **sapot dempla**

Dempla mait no tink dempla e gad problem lo yuze alcohol or drug.

Dempla mait go wail lo wanem yu spik ip dempla tink ol no gad problem.

Try no po meke dempla pil guilty or meke dempla sem, e gor mait push dempla away.

E mait be beta po pinis da tok nada taim or gedi nada pipol involved.

Go der wair gud pasin po remind dempla ob ol gud

Go der wair gud pasin po remind dempla ob ol gud ting wair laip blo dempla ane tok abaut wiskain ol mait go spoil em ip dempla e yuze drug/s ane alcohol.

Part 3

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