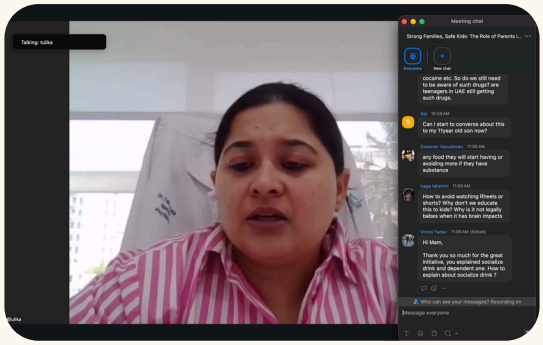
CREDENCE HIGH SCHOOL

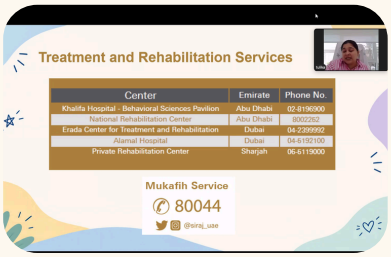
Strong Families, Safe Kids - The Role of Parents in Combating Substance Abuse in Children and Adolescents

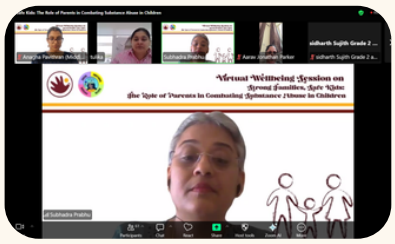
GRADES
Parents (Grades 2-12)

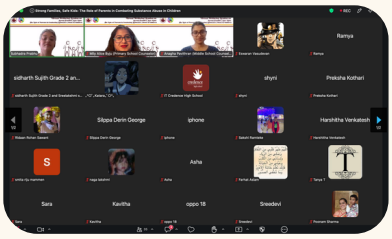
DATE:
Saturday, 26th Sept 2026











INTENT

This virtual parent wellbeing session aimed to raise parental awareness about substance abuse among children and adolescents, including commonly misused substances, associated risks and legal considerations.

The main objective of the session was to share with parents practical strategies to strengthen parent-child communication; provide support and encourage healthy choices among children and align with the school's commitment to student wellbeing, safety and holistic development.

EXPERIENCE

The virtual session, facilitated by Psychiatrist Dr. Tulika Shukla, from Zivanza Wellness Clinic, Dubai, explored commonly misused substances by adolescents, associated risks and legal implications.

Parents actively engaged with the discussion and gained practical guidance on recognising concerns, initiating supportive conversations and helping children make safe choices. The session also encouraged active collaboration between parents and the school in promoting a safe and supportive environment.

INSIGHT

The session highlighted the importance of early awareness, open parent–child communication and consistent support in preventing substance misuse. Parents gained greater understanding of potential risks and ways to guide children towards healthy choices. The discussion reinforced the value of a strong home - school partnership and the importance of continuing parent-focused wellbeing initiatives around emerging concerns.