

## Guide for parents



# Young people are on a journey – it's up to us to guide them!

Dear Parents, carers and parental figures,

Adolescents often exhibit “abnormal” or extreme behaviour, test boundaries and like to provoke; this is all part of the healthy development of their own identity. In addition to maturing physically and sexually, becoming an adult involves going through different developmental stages, one of which is moving away from home. These challenges can lead to crises and difficult behaviour. Young people need lots of time, attention and respect from their parents.

This guide is intended to support you with this. It should help you to set out the framework with your child that they need in order to develop well and grow into a confident, responsible adult.

### Parenting involves:

giving love	setting boundaries	being allowed to argue	allowing freedom
	listening	being understanding	encouraging
		showing emotions	being an example

## Rights and duties

### Legal framework

Article 296 of the Swiss Civil Code (ZGB) stipulates that children are under parental responsibility until they reach their majority (18 years old). Parental responsibility includes the legal duty and right to care for the child and provide their upkeep, make all necessary decisions, educate them, represent them, administer their finances and decide where they live.

#### Rights and duties of children and parents online:

- [www.tschau.ch/rechte-pflichten](http://www.tschau.ch/rechte-pflichten)
- [www.147.ch/Gesetze-sinnvoll-einsetzen.958.0.html](http://www.147.ch/Gesetze-sinnvoll-einsetzen.958.0.html)
- [www.elternclubschweiz.ch](http://www.elternclubschweiz.ch)

## Living together



### Talking

Always look for opportunities to talk with your child. It is also important to talk openly about delicate subjects such as drinking alcohol and other addictive substances. Show an interest in your child's opinion. Don't either play down the topics or over-dramatize them.

### Clear decisions

Children and young people are generally better at keeping to agreements that have been negotiated together. If agreements are broken several times, implement the consequences that you agreed beforehand. Have rules for things like pocket money, tidying their room, going

out and doing "chores". Don't hesitate to request support with everyday tasks. This way, young people can learn to take on responsibility.

### Respect

Take both yourself as parents and young people seriously. Be aware of, and communicate, your own needs and feelings. Showing respect for yourself and the other person is the basis for living positively together.



### Sleep

To develop healthily, children need plenty of sleep. Ten hours of sleep are recommended for children up to the age of 10 and from the age of 14, at least 8 hours.

## Nutrition

Healthy food is just part of eating well. Ensure positive eating habits:

- » To get the best out of your day, you need a balanced breakfast.
- » Food should be varied and provide your child with enough energy for school, sport and leisure.
- » Regular, fixed eating times give your child a daily structure and prevent slumps in concentration.
- » If possible, have at least one meal per day together. Use the time to talk with your child.



#### Further information online:

- [www.sge-ssn.ch/](http://www.sge-ssn.ch/)

## Sexuality, diseases, contraception

Talk with your child openly about sexuality. Sexuality should be discussed positively, but it is also important to broach issues such as contraception, risks and dangers.

- [www.lustundfrust.ch](http://www.lustundfrust.ch)
- [www.feel-ok.ch](http://www.feel-ok.ch)





## Going out/coming home times

When your child wants to meet up with friends, go out or go to a party, you need to ask the following questions:

- » Who are you meeting and what are you going to do?
- » Where are you going? Who is organising it and what age is it aimed at?
- » In an emergency, how can I contact you and how can you contact me?
- » When and how are you coming home?

If you are not sure, contact the parents of other children involved.

### Recommendations:

- » If there is loud music, wear ear protectors.
- » Never leave an open drink unattended (could be spiked!).
- » When young people are driving, they need to be aware that consuming alcohol and/or other addictive substances can lead to serious car accidents. When travelling in a group, one person should be designated in advance as the driver and will therefore not drink.

### Recommendation: Agree on clear times! For example:

Return times	During term-time	School holidays/weekends
12–14 years old	2100 hrs	2300 hrs
up to 16 years old	2200 hrs	0000 hrs



## Pocket money

Almost 40 per cent of young people today are in debt. It is sensible for children and young people to learn how to handle money independently and responsibly from an early age. They rely on their parents' help and support to do this. Young people should find out what things cost in everyday life and how adults manage their money and learn how to budget the money they have saved themselves.

Paying pocket money regularly (weekly or

monthly) depends on the family's financial situation. The Swiss Budget Advice Agency recommends the following monthly amounts:

Pocket money	CHF per month
School Y5 and Y6	25–30
School Y7 and Y8	30–40
School Y9 and Y10	40–50

### Recommendations:

- » Set out with your child what the money is to be used for.
- » Pay pocket money regularly and without being asked.
- » Don't demand an account of every purchase.
- » Don't use money as leverage.

 [www.budgetberatung.ch](http://www.budgetberatung.ch)

 [www.schulden.ch](http://www.schulden.ch)

## Mobile phones

### What parents should know:

- » Children and young people use smartphones differently from adults – less as a phone and more to communicate via social networks (e.g. Facebook, WhatsApp) or to play games, surf the internet and to take and exchange photos etc.
- » Children and young people are often not aware of the rights and wrongs of using their phones.
- » Children and young people need information and boundaries so they can learn to use their phones responsibly.

When it comes to needing and using a mobile phone, ask yourself the following questions:


- » Does your child really need their own mobile? Or would it be reasonable to have a family mobile that your child can have in special situations?
- » Who will pay for it? Check pre-paid packages.

### Recommendations:

- » Make clear agreements and be vigilant about sensible, age-appropriate use.
- » Talk with your child about legal consequences and potential dangers.
- » Make your child aware of premium-rate numbers and other hidden costs.
- » Talk about the issue of possible excessive preoccupation with or use of mobile phones and agree some media-free times ("offline times").

### Legal framework

Owning and distributing images that depict violence [Article 135 of the German Criminal Code] and pornography [Article 197 of the German Criminal Code] is an offence. Teachers have the right to report guilty pupils and confiscate their mobile to preserve evidence.

 [www.jugendundmedien.ch](http://www.jugendundmedien.ch)

## Stimulants and addictive substances

Young people are curious and experiment with everything, including alcohol, tobacco and other addictive substances and because they are still growing, physically and mentally, consumption of these substances is riskier for them and more damaging to their health. Nicotine in particular can quickly become addictive. Any consumption can be risky, if that consumption is too much, at the wrong time (e.g. before school, before cycling), too often (risk of habituation and addiction) or for the wrong reasons (e.g. to forget problems).

Teach your child how to use substances in a way which is age-appropriate, moderate, low-risk, discriminating and responsible. As parents, you are called upon to be a positive influence on your children's consumption habits, hold a clear position and set a good example. Don't panic if you notice that your child has tried an addictive substance for the first time; talk to them about it.

### Recommendations:

- » Inform yourself or find out together with your children about stimulants and addictive substances.
- » Talk with your child about the risks and consequences of consuming these substances.
- » Come to agreements with your child on the consumption of alcohol and other stimulants and addictive substances.
- » Instruct your child never to get in a car if the driver is drunk.

### Alcohol and tobacco

The law forbids the sale and free distribution of alcoholic drinks and cigarettes/tobacco products to children and young people under 16 years old.

Beer and wine can only be sold or served to those over 16 years old. The age limit for spirits, aperitifs and alcopops is 18 years. Since 2014, changes to the law have made it illegal for new drivers to drive under the influence of any alcohol at all.

### Cannabis (marijuana, hashish)

Cannabis falls under the law on narcotics. It is a criminal offence for anyone to possess it, consume it, grow, trade or distribute it. There is a zero tolerance approach to driving under the influence of cannabis.


### Risks, dependency, addiction

Anyone can become addicted. Young people find it harder to assess limits and can't govern their behaviour as well as adults, putting them at more risk of becoming dependent. Mixing different substances is particularly dangerous and unpredictable.

#### You can find the 10 golden rules of addiction prevention online:

 [www.samowar.ch/web/horgen/content/die-10-goldenen-regeln-der-suchtpraevention](http://www.samowar.ch/web/horgen/content/die-10-goldenen-regeln-der-suchtpraevention)

Further information is available in the brochure "Drinking, smoking and taking pot in young people. What you can do as parents, teachers or vocational trainers".

 [www.suchtpraevention-zh.ch/publikationen/informationenmaterial](http://www.suchtpraevention-zh.ch/publikationen/informationenmaterial) (also quizzes on alcohol, tobacco, cannabis and medicines)

 [www.suchtschweiz.ch/](http://www.suchtschweiz.ch/)

## TVs, computers, games consoles

### Moderate use of technology

Internet, online chat, games, mobile, Facebook, TV... your child is exposed to a wide range of content and influences, but they shouldn't dominate your child's daily life. Be aware of the level of your child's media consumption and agree on age-appropriate times to use it.

### Rules

- » Make your child aware of the dangers when chatting online and on social networks (managing personal data, photos etc.).
- » Be aware that most mobiles, games consoles and MP3 players today also have internet access.
- » Put electronic media such as TVs and computers in shared spaces and not in children's bedrooms, but don't secretly monitor your children's devices.
- » Set rules together with your child on using different media.
- » Decide together which films, games, websites, social media channels etc your child should be allowed to see/use.


### Rules of thumb Media use

Age	per day	per week
6-9 yrs old	max. 0.5 h	max. 3.5 h
10-12 yrs old	max. 1 h	max. 7 h
young teens (13-16 yrs old)	max. 2 h	max. 14 h


Offer alternatives and do an activity together.

#### More information is available from

 [www.jugendundmedien.ch](http://www.jugendundmedien.ch)

 [www.cybersmart.ch](http://www.cybersmart.ch)

 [www.pegi.info/de/](http://www.pegi.info/de/) (Age recommendations)

 [www.zischtig.ch](http://www.zischtig.ch)





## Alarm signals

Violent mood swings, edginess, changed behaviour, changes in friendships, in behaviour in their free time or in their performance at school can all be potential indications or signs of high-risk consumption of addictive substances. However, this can also all be connected to puberty, relationship heartache, tiredness, illness or personal problems. Take any signs very seriously and talk with your child. If it turns out that your child is taking addictive substances or is using electronic media ex-

cessively, don't reproach them but show an interest and try to keep the discussion going. Share your concerns and your opinion and show your support. You can also get support from trained specialists.

You can include the following statements/questions in your discussion:

- » This is what I've been seeing and it worries me because...
- » What are you concerned about at the moment?

- » What's going well? What's bothering you?
- » What purpose does your use of stimulants or addictive substances fulfil?
- » How can you prevent dangerous situations (e.g. alcohol misuse)?

## Advice agencies and information

### For young people and parents

**samowar**

**Youth counselling agency for the district of Horgen**

044 723 18 18, [info@samowar.ch](mailto:info@samowar.ch)

[www.samowar.ch/web/horgen](http://www.samowar.ch/web/horgen)

Free advisory service for teenagers and young people (13–25 years old) as well as their parents and carers in the district of Horgen

### School social work or youth work

in their own town/community

### Die dargebotene Hand (Helping Hand)

Telephone 143, Mail and Chat [www.143.ch](http://www.143.ch)

### Emergency parental helpline (24 h)

0848 35 45 55, [24h@elternnotruf.ch](mailto:24h@elternnotruf.ch)

### kjz Youth counselling centre

**kjz Horgen**

043 259 92 00, [kjz.horgen@ajb.zh.ch](mailto:kjz.horgen@ajb.zh.ch)

**kjz Adliswil**

043 259 92 92, [kjz.adliswil@ajb.zh.ch](mailto:kjz.adliswil@ajb.zh.ch)

### For young people

#### Advice for children and young people (24 h)

Telephone 147 (also SMS) or Chat [www.147.ch](http://www.147.ch)

**Information and addresses for young people on various important subjects** [www.feel-ok.ch](http://www.feel-ok.ch)

**Youth information and e-advice** [www.tschau.ch](http://www.tschau.ch)

#### Quizzes, tips and games for young people

[www.meinselbstwertgefuehl.ch](http://www.meinselbstwertgefuehl.ch)



**Editor | Contact:**

**samowar**

**Youth counselling and addiction prevention  
agency for the district of Horgen**

Bahnhofstrasse 24 | 8800 Thalwil | Tel. 044 723 18 18  
[www.samowar.ch](http://www.samowar.ch) | [info@samowar.ch](mailto:info@samowar.ch)