

25 ways to have FUN

Research has shown that young people who enjoy regular positive activity with an adult are less likely to begin using drugs and alcohol.

Here's 25 ways to have fun with a young person and help him or her grow into a healthy adult.

1. Go bike riding together
2. Help out at your young person's school
3. Repair the car together
4. Share cooking your favourite recipe
5. Teach driving
6. Go horse riding
7. Share a hug for no reason
8. Take a challenge together
9. Learn a new sport together (eg sailing)
10. Go to a sporting event
11. Invite your young person to give his or her view
12. Share your favourite music
13. Go fishing
14. Help your young person join a club
15. Get involved in raising money for your young person's team/school
16. Help your young person organise a pizza party
17. Go indoor rock climbing
18. Involve your young person in decision making
19. Build a family website together
20. Play a game
21. Fly a kite
22. Go camping
23. Take your young person to your work for a day
24. Build something together (eg pond, veggie garden)
25. Ask your young person to teach you something new

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PARENT
LIVES HERE**

For more ideas and information about parenting, drop into South West Parenting Services at Shop 27A Stirling Centre, Stephen Street Bunbury (or FREEcall 1800 681 842). You'll discover friendly staff with lots of helpful advice, plus a FREE library service. There is even a mobile van that visits WA's South West rural regions.

For more information about talking with your children about drugs, call the Parent Drug Information Service on 1800 653 203 or visit the web site of the National Drugs Campaign at www.drugs.health.gov.au.



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