

Drugs & Alcohol Poem

“It can kill you
It can harm you
It can hurt others around you
It can affect others around you
You do it to fit in
You do it to feel good
You do it to feel different
You do it to seem different
You love it because the taste
You love it because it's cheap
You love it because others do
You love it because you can
People HATE it for all the
Reasons you love it”

Written by young person 13 years old

“Dear Mum and Dad,

I am writing a letter to ask you both why you drink. I know what we all have been through is hard but drink isn't the answer. Have a drink or two is fine but when it gets out of hand I wished you both stopped. When you drink you say horrible things to each other that hurts me too. I hate that you don't understand how I feel when you drink! I love you both, but when you drink I start to dislike you both. Whenever you have an argument you never seem to forget about it and you carry on.

Everything seems to be about you, I always feel forgotten about. Why would you argue when you love each other unreal amounts? ☹ Drink has taken over!!”

Written by young person 15 years old

My Jar

“My jar is filled with all my anger. When I get angry I don’t show it in a violent way – I want to. I want to punch people, tip over tables or have a physical fight with someone. But I don’t because I don’t want to hurt anyone, I just want to punish them I suppose. When I get angry I need to do something with my hands and as I don’t want to hurt anyone, I want to break anything in front of me e.g. rip up paper. But once again, I don’t because I don’t want to hurt anyone physically or emotionally. Instead I cry. So the jar is filled with all my anger but you can’t see it because it is covered by all my tears (the blue paint). Only some of the anger (the black paper) is showing because I do show my anger by shouting sometimes”

Written by young person 12 years old

“It’s not just the parents that get hurt, it’s also the kids. They get the worst view, they have to see their parents drink/use drugs and drown their sorrow into drink/drug use. The children do everything in their will to help their parent because they want the best future for their parents. WE WANT OUR PARENTS BACK”

Written by young person 15 years old

“This group has made me feel a better person towards my mum and made me understand what she is going through. With me doing all of the art work I have understood what she is going through. This group has helped me and the other children. We have made new friends. This group is very good because it’s a place where we can escape the stuff at home and feel fitted in”

Written by young person 13 years old