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## May We Tell "No" To Drugs

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**Annotation.** Drugs - a terrible, frightening word which enters into awe of any parent. What the problem is? Your child is still small, he never heard and did not touch to any narcotic substance. But you want to do everything possible that it never occurred.

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Whether there are ways of prevention which will help the child to develop with themselves such personal lines which will allow it to refuse all doubtful offers in the future? Psychologists claim , that predisposition to drugs as however, and to alcohol, it is directly connected with the low level of self-esteem. At those who use a potion, quite low self-assessment. Children, whose level of self-esteem is rather high, more often, even without thinking at all, without giving in to false impulses of servility, answer "no", without feeling at all at the same time it is inconvenient.

How to help the child to develop feeling of self-esteem from the earliest age? First, constantly you praise it if he managed to achieve something, even these achievements it is insignificant are small from your point of view. If the kid, is not right in something, violated some ordered rules, estimate not him, namely his offense. You should not say: "You are a bad boy!" or: " You are a mean girl!" Tell

better that the act does not deserve respect, so do not do. You can, while the child is still small, teach to put him before yourself the real, but not overestimated purposes. It, still being a child, will be able to understand that any real objectives can quite be achieved if it is correct to do everything.

There are still some examples which can be used by parents for development at the child of ability to tell "no" when drugs are offered it. At the kid since the earliest childhood it is necessary to develop feeling of own identity and originality. It is necessary to explain to the child that he is unique and is not similar to others. Together with the child to try to define what in the person, or in the hero of some fairy tale, or in the character of the favourite story, especially attracts it what lines most command respect. Then to ask the child to tell about his own individual qualities – whether he has them? If he forgets something from the qualities of own person commanding respect, it is necessary to remind him: "And you remember how you regretted a kitty and pulled out her from a trap? And remember how during yesterday's walk the neighbour's girl asked the bicycle, and you were not greedy, allowed it to drive. And as you helped the grandmother in the summer, fed chickens, were tidied up in the room ..."

The child should explain the concept "true friendship". Parents have to make the list of concepts which he would characterize the word "friendship" with the kid. And it is possible to make also other list – what characterizes the word "enemy". Let the child himself will think up all characteristics. And parents will write the. Then all this can be discussed with it. And to tell the kid that sometimes there are situations when by all means it is necessary to tell "no" whoever offered in what situation it would not occur. On the one hand and, really, it is necessary to be polite, to obey somewhere and someone, but in other situations – and it is necessary to understand in what, - it is worth being firm and absolutely obstinate.

At certain events it is necessary to be able to answer with firm refusal. Not important, who puts pressure – peers or some "kind" uncle with a careless smile. You should not submit to anybody who begins to offer doubtful things, such as, nicotine, alcohol or drug.

Now at schools or some informal groups of teenagers often it is considered, kind of good form to use drugs or to drink. Parents have to show vigilant attention and an intuition. For anything not to allow children to happen in such companies which install great fears and concern in parents. Parents should not allow to go to friends when their parents are absent the house. Parents have to know where and with whom their child spends time.