

## Your Divorce and Teenage Drug Abuse

Hearing the terms "divorce" and "teenage drug abuse" coupled together in one sentence is probably a bit overwhelming for you. These problems are difficult and serious on their own, and when you combine them, a disastrous mix is created. If you are going through a divorce, how and why might a teenager start using drugs? Here's what you should know.

### A Predisposition

It's unlikely that your divorce is going to be the lone and sole cause of your teenagers starting to use drugs. Other factors, such as circumstances surrounding the divorce or inattentiveness to the children, could lead to it. Furthermore, your teens might have been tempted to start trying drugs in the past, and the certain situation is enough to make them actually engage in this harmful practice. If you notice these signs in your teenager, it's smart to have a serious talk before any drug usage can occur.

### Not Paying Attention

When you're going through a divorce, you and your soon-to-be ex-spouse are probably focusing a lot on your own selves. Therefore, teenagers might be left to fend for themselves more than usual, and they may be tempted into trying new things. When parents are practically never around, it's alluring for teenagers to get into a little bit of mischief. However, when you are aware of these circumstances, you can start paying attention to signs of possible trouble occurring when you aren't there. Let your teens know that you will hire a babysitter if you suspect any issues.

### Abusive Situations

Now, sometimes, divorces occur because of abusive situations, and your teenager might be stuck in the middle. Imagine the unfortunate situation that your teen has been abused by the other parent for all of these years, and you're finally putting an end to it. Your teenager might be worried that the other parent is going to go after him or her or might fear retribution if you do not receive full custody. All of these anxious feelings, on top of years of stress from being abused, could lead a teenager down the wrong road. He or she might start taking drugs to cope with everything, so be sure to have open and honest dialogues with your teen.

### Craving Attention

In the midst of a divorce, teenagers can often become lost in the shuffle. They aren't small children, so parents do not necessarily see the need to coddle them over the issue. Still, they are not yet adults, and they do not understand divorce in the same way adults do. When they are lost in this mix, they might find ways to get your attention. Even though most teenagers try to hide drug usage from their parents, this group of teenagers may make it somewhat obvious. Don't let it slide the first time you see; start taking actions to prevent it.

Clearly, some possible connection does exist between divorce and teenager drug abuse. When your family is going through a difficult time, it's always best to pay attention to the needs of all the family members.

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