

In a glimpse

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Parental control of tobacco and cannabis use. Results from the ARAMIS 2 survey

Adolescence is a pivotal period when drug use begins: eight out of ten seventeen-year-olds have already drunk alcohol, half have already smoked cigarettes and almost a third have used cannabis. Still living with their parents, they often hide their consumption, which calls into question the methods of parental control and their consequences for adolescents. The results of the ARAMIS 2 survey show the different strategies used by parents to control their adolescents' drug uses and the challenges they pose.

Direct and insistent controls

In fact, the difficulties in observing public health recommendations put the parent-child relationship to the test. Some parents resort to direct and systematic control methods: questions, searches, surveillance, etc. This approach, frequently used when the rules are not respected, especially in environments that value "good education" and social respectability, is more used for girls than for boys.

Diffuse controls based on communication and negotiation

Conversely, other parents favour dialogue and less conflictual control, encouraging the child's expression and the negotiation of rules, especially in more privileged socio-economic backgrounds. Consumption is more easily put into perspective if it does not harm studies or social integration. To work, however, this strategy requires parental consensus and equal involvement of both parents, which is not always the case.

The importance of parental experience of use

Far from being exclusive, these two main strategies evolve according to the state of the relationship of trust, the levels of maturity, but also according to the experiences of use of the parents. The latter can indeed serve as an educational lever and give some parents audible arguments to their child.
