



Talk and plan around alcohol

Socialising with friends is a normal and important part of growing up for teenagers. However, parents are often concerned about the things that can happen when alcohol and other drugs are involved.

Here are some tips for parents:



- ▶ **Talk to your children** and share your expectations about their use of alcohol and other drugs. Stress that drinking alcohol under 18 years of age can affect their brain development.
- ▶ **Set a 'getting home plan' in place** before your children go out to parties and other places where alcohol may be used.
- ▶ Talk about **calling you or another responsible adult** whenever your child feels unsafe or when things get out of control.
- ▶ **Know where your children are and who are their friends.** Have a list of your teenager's friends and their or their parents' contact details.
- ▶ **Talk about some of the consequences of binge drinking** such as violence, verbal fights, sexual vulnerability/unsafe sex, drink driving and embarrassment.
- ▶ Talk about how your children can **avoid some of the harms from alcohol** such as:
 - having excuses at the ready when others offer alcohol to them - i have a footy game tomorrow and the coach won't let me play if he knows i've been drinking
 - drinking non-alcoholic or low alcohol drinks
 - drinking slowly
 - not leaving drinks unattended
 - being assertive and standing by their decision to not drink alcohol
 - avoiding topping up drinks and drinking games
 - avoiding driving home with people who have been drinking
 - avoiding walking or riding home if they have been drinking.
- ▶ **Limit their access to alcohol.** Talk about the maximum number of drinks (ie safer limits of alcohol use) you would be okay with if you think not drinking isn't a realistic option.
- ▶ **Talk about basic first aid and what to do in an emergency.** Explain that anyone who has been drinking and is unconscious should not be left alone and needs to be watched until medical assistance arrives.
- ▶ **Let your children know that you would be more disappointed in them not seeking help** than calling to tell you that they or their friends have been drinking.



Need help?

Alcohol and Drug Support Line

Phone: (08) 9442 5000 or
1800 198 024 (country callers only)

E-mail: alcoholdrugsupport@mhc.wa.gov.au

Live Chat: www.dao.health.wa.gov.au

A free 24-hour, state-wide, confidential telephone service where you can talk to a professionally trained counsellor about your own or another's alcohol or drug use.

Parent and Family Drug Support Line

Phone: (08) 9442 5050 or
1800 653 203 (country callers only)

E-mail: alcoholdrugsupport@mhc.wa.gov.au

A free alcohol and other drug information and support line for parents and family members. Talk to a professionally trained counsellor about alcohol and other drugs. Talk confidentially to another parent for strategies and support.

Aboriginal Alcohol and Drug Service

Phone: (08) 9221 1411

Provides a range of culturally secure services, including treatment, education programs and yarning.