

Alcohol may not seem like a concern for your family, but it can leave children and teenagers very vulnerable. The facts:

6,000 children under 16 are admitted to hospital every year because of drinking

Young people who drink regularly are twice as likely to miss school, get poor grades and get a criminal record

In a survey of 15 and 16 year olds, 9% of boys and 12% of girls old said they had unprotected sex after drinking alcohol

Young people who start drinking at 13 or younger are three times more likely to go on to use drugs than other children

The main sources of alcohol for 10-17 years olds are their parents or carers

England's Chief Medical Officer has advised that children aged under 15 should never drink alcohol, even in small quantities and that it's healthiest for young people not to drink alcohol until they are 18 years old.

The best way to protect children and teenagers from alcohol is to talk to them about it: parents, carers and other family members can have some of the biggest influences on how young people view alcohol.



Contacts

Help for young people

Ru-ok?

The young person's substance misuse service - free and confidential advice and support for under 18's or people worried about them. 01273 293966 www.ruokservice.co.uk

FRANK

Information about alcohol and drugs Confidential helpline 0800 77 66 00 www.talktofrank.com

680714 or the Open Access Substance Misuse Service on 01273 607575.

Drinkline

Free and confidential information and advice (open 9am – 11am Mon-Fri) 0800 917 8282

PATCHED

Support and services for families, friends and carers of substance misusers 0800 085 4450.

General help

CRI provides free and confidential advice and information for over 16s. Contact the Alcohol Brief Interventions Service on 01273

Reporting underage drinking

If you see adults buying alcohol for underage young people, or shops selling alcohol to under 18s, please call the police on 0845 60 70 999

Translation? Tick this box and take to any council office.

ترجمة؟ ضع علامة في المربع وخذها إلى مكتب البلدية. Arabic

অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali

需要翻譯? 請在這方格內加別, 並送回任何市議會的辦事處。Cantonese

ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi

Traduction? Veuillez cocher la case et apporter au council. French

需要翻譯? 請在這方格內划勾, 并送回任何市议会的办事处。Mandarin

Tłumaczenie? Zaznacz to okienko i zwróć do któregośkolwiek biur samorządu lokalnego (council office). Polish

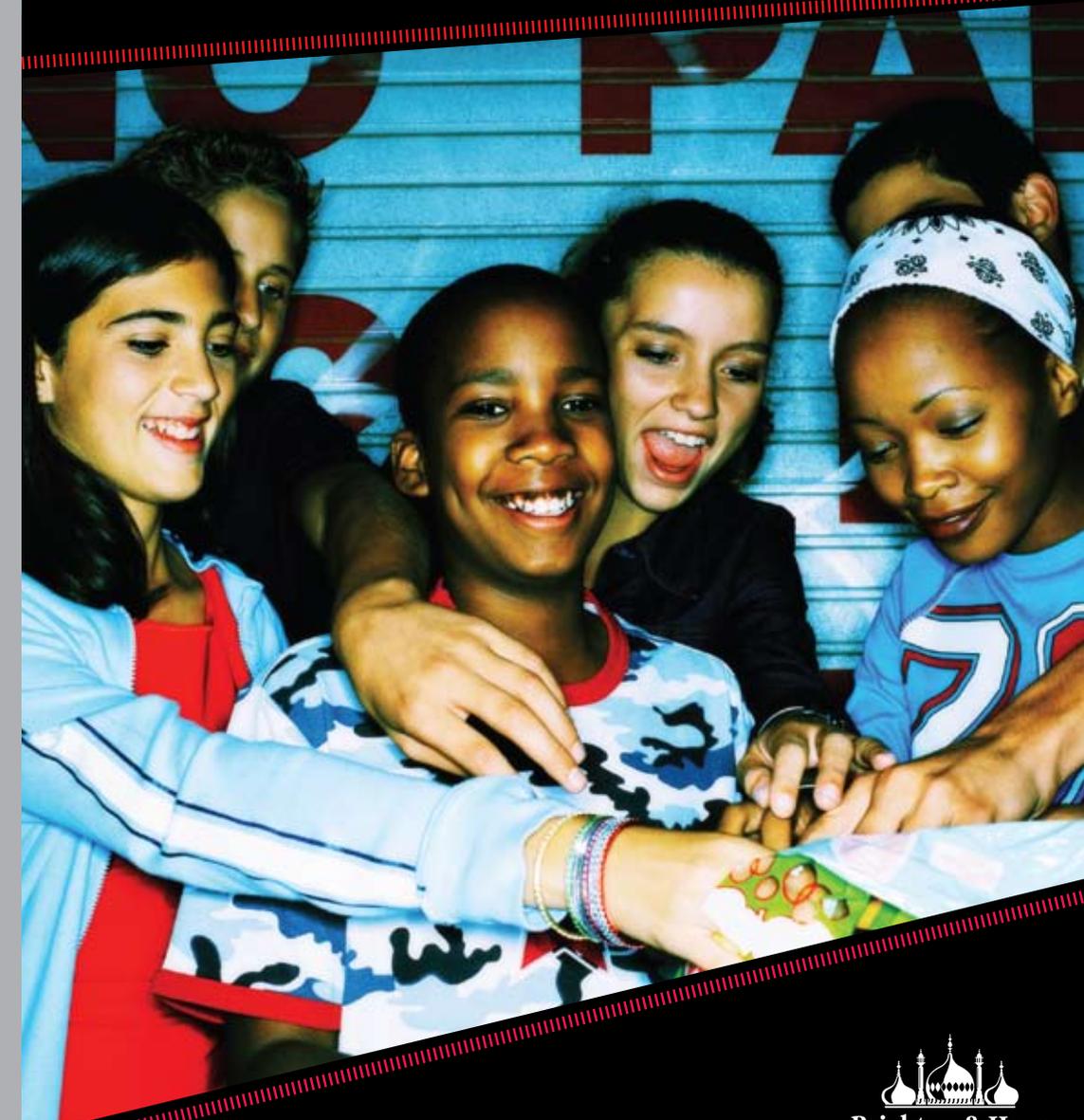
Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese

Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish

other (please state)

This can also be made available in large print, Braille, or on CD or audio tape

Talking to children and young people about alcohol



Tips on talking to children and young people about alcohol

Pick your moment

Young people are aware of alcohol from an early age, so don't be tempted to think that the young person in your family is too young to know about it. You should be talking about alcohol by the time they make the move to secondary school, if not before.

If they have already started drinking, it's not a good idea to talk to them when they're drunk or have a hangover. Wait until they are sober and in a receptive mood.

Set an example

Look at your own alcohol use and ensure it's sending out the right messages. Young people learn as much from seeing what parents, carers and other family members do as from listening to what they say.

Be honest

Be prepared to talk openly with them about your own attitude to alcohol. If you do drink, tell them how much you drink and why, or let them know your reasons for choosing not to drink alcohol.

Listen

Get a conversation going by asking them what they understand about alcohol rather than telling them what you know. If there are questions you don't know the answers to, look them up together.

Look for openers

The effects of alcohol often pop up in news stories, films and soaps; these all offer opportunities for talking about alcohol in your home. Alternatively, you can bring up the topic during an everyday situation, such as giving them a lift somewhere or over dinner.

Set boundaries

If a young person is already drinking, set clear limits to their alcohol use and tell them why you're doing this. Explain what, when and how much you think it's appropriate for them to drink. Involve them in a discussion so they know you've taken their views into account. Then stick consistently to the rules you've set.

Make sure that they know that your main concern is their safety. Always follow through on the consequences if they break your rules around using alcohol, but let them know that consequences always take second place to their safety. That way they will be more ready to talk to you if there's a problem.

Keep talking

Young people have to cope with many issues as they grow up, including alcohol, relationships, self-image and health. Try to get in the habit of talking with them about all of these on a regular basis.

For more information and support with talking to young people about alcohol, visit whyetdrinkdecide.direct.gov.uk

