ALCOHOL: FACTS FOR PARENTS

For advice for young people, just flip over this booklet and start from the back.
Most parents, quite rightly, worry about their children trying drugs. But alcohol can cause just as many problems for young people.

Young people see alcohol on sale all around them, in supermarkets, off-licences, pubs and restaurants. They might also see their parents drinking alcohol. This can make it difficult for them to understand that alcohol can be dangerous.

This booklet is all about encouraging young people to be sensible about drinking and treating alcohol with respect.

It looks at when and how young people drink and the basic steps you can take to encourage a sensible attitude towards alcohol.

For all the facts you and your child need when it comes to drinking, as well as advice on talking with your child about alcohol and who to contact for further information, just flip over this booklet and turn to page 7.
HOW AND WHEN YOUNG PEOPLE MAY DRINK

Children are aware of alcohol at any early age. Most children have their first alcoholic drink between the ages of 8 and 12 – usually at home with their parents’ permission. However, some youngsters start experimenting without their parents’ knowledge.

‘I went to this christening and got drunk. I didn’t know what I was doing or what happened. I couldn’t remember anything the next day.’ Enrol, aged 12

By the age of 13 to 16, young people may be passing cans or bottles round a group somewhere away from adults, like in a park or at parties. The group may drink quickly because of fear of being found out.

‘People have vodka and stuff in their cabinets and you just mix them all up. I know it’s stupid but you just do it.’ Becky, aged 13

From the age of about 16, young people may start going to pubs. Drinking often means getting drunk. Young people often say that getting drunk makes them feel good, more self-confident, more ‘themselves’, that it’s a way of escaping pressures or relieving boredom. Everyone else drinks, so why shouldn’t they?

WHAT PARENTS OF YOUNGER CHILDREN CAN DO

It may seem too early to talk to your child about alcohol, but the benefits for the future are clear.

- Make sure the information they have is accurate.
- If your child is curious about alcohol, talk naturally about it. Tell them about both the negative and the social sides of drinking.
- It’s important to make sure young children don’t drink alcohol by accident or without your permission. If you have alcohol at home, keep it out of reach of small hands.
- If you drink, set a good example. It will help your child develop a sensible attitude to drink.
- Know where your children are and what they’re up to.
- Respect the law regarding young people and alcohol.
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http://www.wrecked.co.uk
This booklet is all about giving you the choices when it comes to alcohol.

Let's face it - the more you know, the easier it is to decide how, what, where, when and whether you want to drink.

Read on to get the low-down on what's what when it comes to drinking. There's even advice on talking with your parents about alcohol and where to go if you want more information or help.