



# Holy Spirit College

## A Catholic Coeducational Secondary College

14 July 2021

Dear Parents

Holy Spirit College endeavours to be proactive in its work to support parents, and to develop stronger partnerships between the College and home. With the support of the College's Parents and Friends Association, Paul Dillon a highly regarded speaker and presenter will be speaking to parents of Holy Spirit College on the topic of ....

### **Teens, alcohol and other drugs: What do parents in a post-COVID-19 world need to know?**

During adolescence, teens develop a biological need to be around friends and research strongly suggests that they should be provided opportunities to socialise with their peers whenever possible. Under the COVID-19 'social distancing' restrictions parents have been asked to try to restrict these face-to-face interactions. This presentation will examine how teens have adapted to the current situation and discuss some of the risks, as well as potential benefits of teens living in 'isolation'. Most importantly, as the restrictions are gradually 'rolled back' over the months ahead, how should parents respond? Socialising, in all its forms, is going to look different for some time to come but underage drinking will inevitably play a role in many teen parties and gatherings. To assist parents to navigate through a post COVID-19 world some simple tips will also be provided to help ensure teens are able to interact with friends on a Saturday night and, at the same time, reduce the risk of underage drinking and the potential dangers associated with such behaviour.

We hope all parents will be able to join in on the online Parent Information Evening:

Date: 19 July 2021

Time: 6.30 - 8pm

Link: <https://youtu.be/09yWBDcXITA>

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