

Alcohol Education student presentation



Xavier Diaz

Degree in Social Science
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Xavier Diaz, through Warner Youth Education, has been providing social education for years. Energetic and humorous, he is an active leader of various youth groups and is passionate about his mentoring role.

Xavier reinforces with the students the importance of self respect and good decision making from an early age, and will provide your child with a range of strategies should they find themselves in situations involving alcohol.



Download the App – Teen Drinking Law

A free app for smartphones can be downloaded from the iTunes store which helps parents and teenagers understand the Victorian legislation. It also provides information on how to navigate tricky situations involving alcohol and includes a 'one-tap' connection to the phone lines and websites for various support organisations in Victoria.

Working together on the healthy development of your child

Your teen will be participating in an informative and interactive presentation on the associated risks and harm to adolescents from drinking alcohol, with a focus on binge drinking.

Experimentation with alcohol can be common among young teens but it's not safe or legal. The presentation will equip them with the understanding, knowledge and strategies to socialise without negative consequences.

Information covered in the session includes:

- The consequences of alcohol on teenagers from social, physical and emotional perspectives
- How alcohol affects the teen brain
- The role of peer influence
- The facts and the myths
- Taking care of themselves
- Taking care of their friends
- Recognising medical emergencies and when to call 000
- Strategies, ideas, options and preventative techniques for situations involving alcohol

For Parents

Effective communication between parents and teenagers about the use of alcohol is important. Your support and involvement will contribute to your teenager's understanding and attitudes towards the responsible use of alcohol. For a helpful guide on how to discuss the use of alcohol, visit the Australian Government's website:

www.drinkingnightmare.gov.au

Go to the Parents tab and download their information leaflet:

Alcohol and young people: A guide for parents