

Handy tips for Parents

- Open communication – between parent and your young person.
- The use of 'I' statements.
- Consider where and when these discussions happen, take opportunities to discuss when it comes up in the news, on TV shows, etc.
- Know the facts, stats and recommendations before having this conversation.
- It is important to be confident with your own family beliefs and stance on alcohol as well.
- Set rules/boundaries/consequences and be firm with these.
- Look at your own behaviours in regard to alcohol consumption. Role Model the behaviour you expect from the young person. Set a positive example – every opportunity you can.
- Provide support to your children, offer them lifts to and from parties, make sure they have phone credit or money for a cab, know who they are with, set boundaries.
- Delay the age of initial drinking.
- Encourage positive adult relationships.
- Ask questions, listen and learn about your young person's view on alcohol consumption and partying. Plan for and discuss potential incidents with young people before they happen.

Information and support

- Taskforce Community Agency
421-423 South Rd, Bentleigh
T: 9532 0811
Taskforce.org.au
- Directline – Free & confidential alcohol and drug counselling and referral service in Victoria
T: 1800 888 236
- Family Drug Helpline – Statewide 24 hour helpline
T: 1300 660 068
- Youth Drugs and Alcohol Advice – online resource with information for parents, carers and young people
Yodda.org.au
- Australian Drug Foundation – online resource
Adf.org.au