For Parents and Carers **Alcohol & Drug conversations**

Webinar: 'Risk taking' - why do teens do the things they do? What can parents do to keep them as safe as possible?

As we come into the end of the year and schoolies are about to take off, many parents and carers are thinking… "have I done enough to warn my teen about the risks and consequences of alcohol and drug use?".

Schoolies are a timely reminder that the conversations with your child/young person around these topics are better if they are an ongoing conversation over all the years of high school beginning in year 7 (if not primary school!). But it is never too late to start talking to your young person about this topic!

This **FREE** webinar was developed by Paul Dillon from the Drug and Alcohol Research Centre Research and training (DARTA) and informed by the latest research evidence. The webinar was recorded on 19th October 2021, and is for parents/carers wanting information on teens and risk taking as well as practical strategies and tips about sleepovers, parties, and gatherings.

Webinar: 'Risk taking' - why do teens do the things they do? What can parents do to keep them as safe as possible? - Positive Choices

Please click on the link above. The advantage of a pre-recorded webinar is that you can stop and start it at your leisure; the session goes for one hour in total.

The **Positive Choices** website has been developed by researchers from the University of New South Wales, Sydney University and Curtin University and has loads of interesting fact sheets about alcohol and other substances, teens and parties etc.

Drug and Alcohol Education Resources for Parents - Positive Choices

From Melissa in the Wellbeing team - November 2021