INFORMATION FOR PARENTS ABOUT

ALCOHOL & young people
The facts have changed: we now know more about the effects of alcohol than when we were young.

Based on this new information, the Australian guidelines* recommend that no-one under the age of 18 should drink alcohol.

* Australian National Health & Medical Research Council (NHMRC)
Young people are harmed by alcohol. They make up:

1 in 3 hospitalisations from alcohol related injuries

1 in 4 deaths from alcohol related injuries

1 in 2 serious alcohol related road injuries

Source: NHMRC Guidelines

Student artwork by Tristan Pumpa, Heywood & District Secondary College

Not drinking is fine
Drinking can damage the developing brain.

This can affect decision making, problem solving and emotions.
When drinking starts during the teenage years, young people are less likely to do well at school, or to finish at all.
Drinking is also linked to increased depression, anxiety, bipolar disorder, antisocial behaviour and ADHD.
Encourage your kids not to drink until they’re 18. How?

- Agree on a family rule and consequences about alcohol use
- Don’t provide them with alcohol
- Help them work out how to refuse a drink: “No thanks, I’m good” “No thanks, I’ve got sport tomorrow” “No thanks, my parents would kill me”
- Encourage them to have water or soft drink instead of alcohol
- Encourage them to do fun things that don’t involve alcohol
- Maintain a good relationship with them.