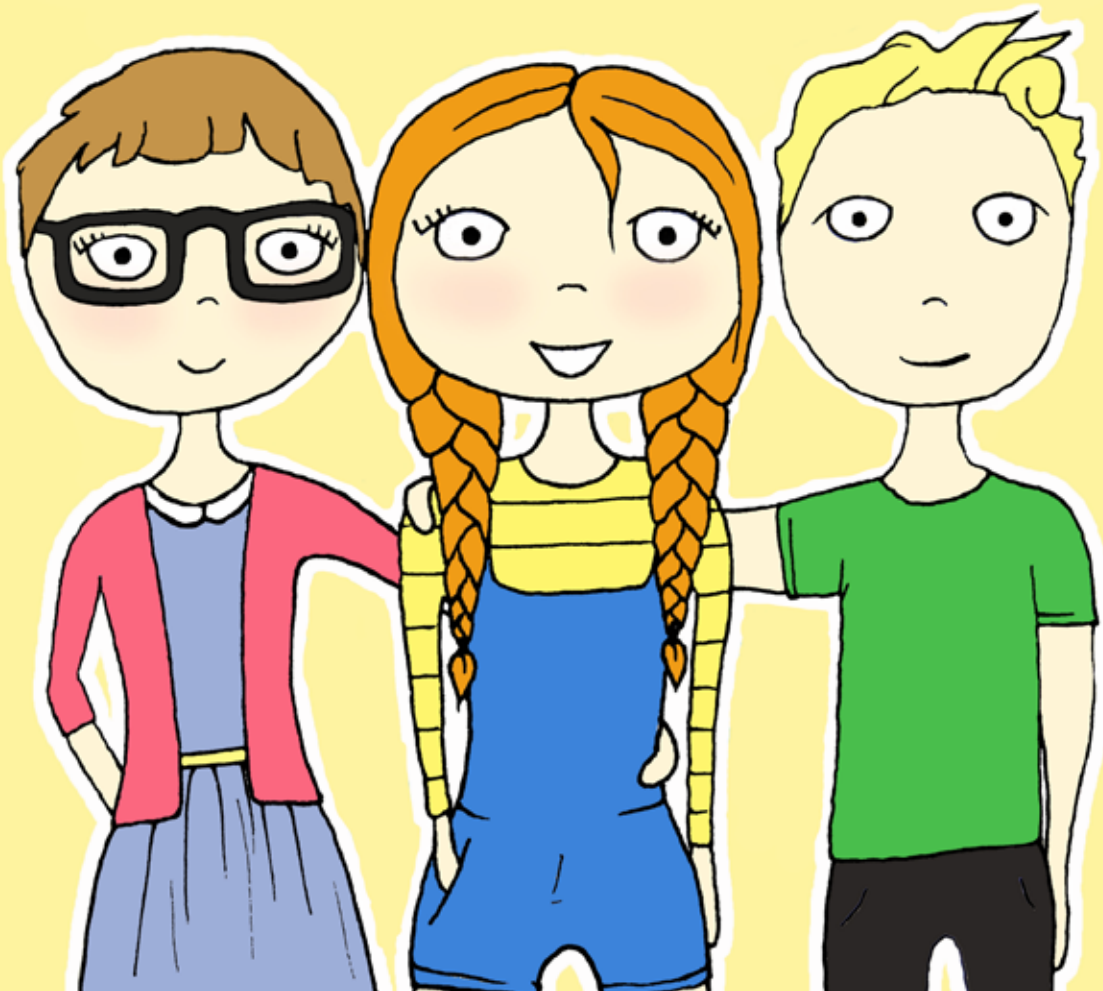
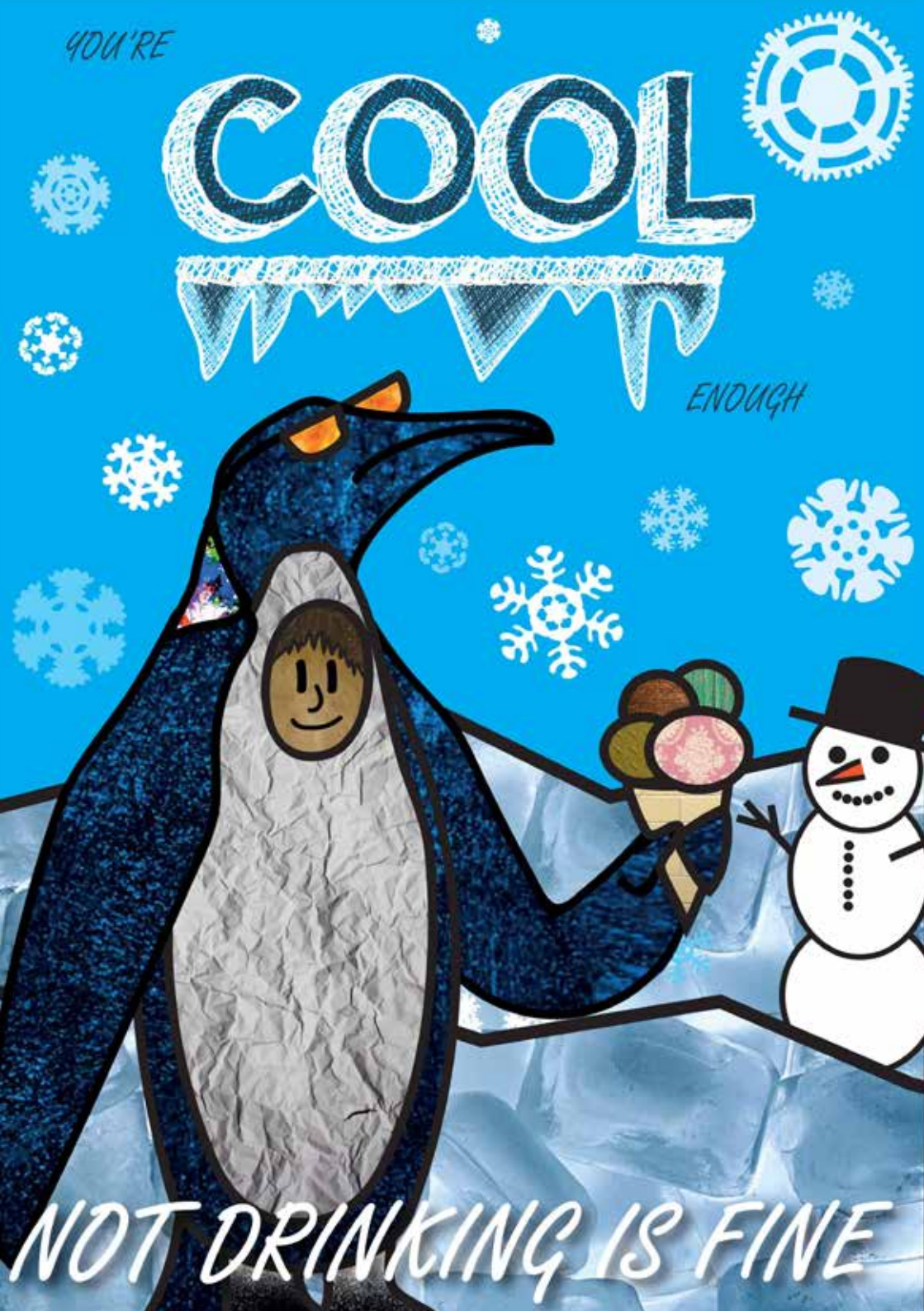


INFORMATION FOR PARENTS ABOUT

# 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.

Student artwork by James Gray,  
Heywood & District Secondary College

\* 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**

Student artwork by Tristan Pumpa,  
Heywood & District Secondary College

Source: NHMRC Guidelines

you're

**BRAVE**

enough



**Not drinking is fine**

Not Drinking Is Fine

You're  
**GROOVY**  
Enough



WIL PARKER  
BAYVIEW COLLEGE

**Drinking can damage the  
developing brain.**

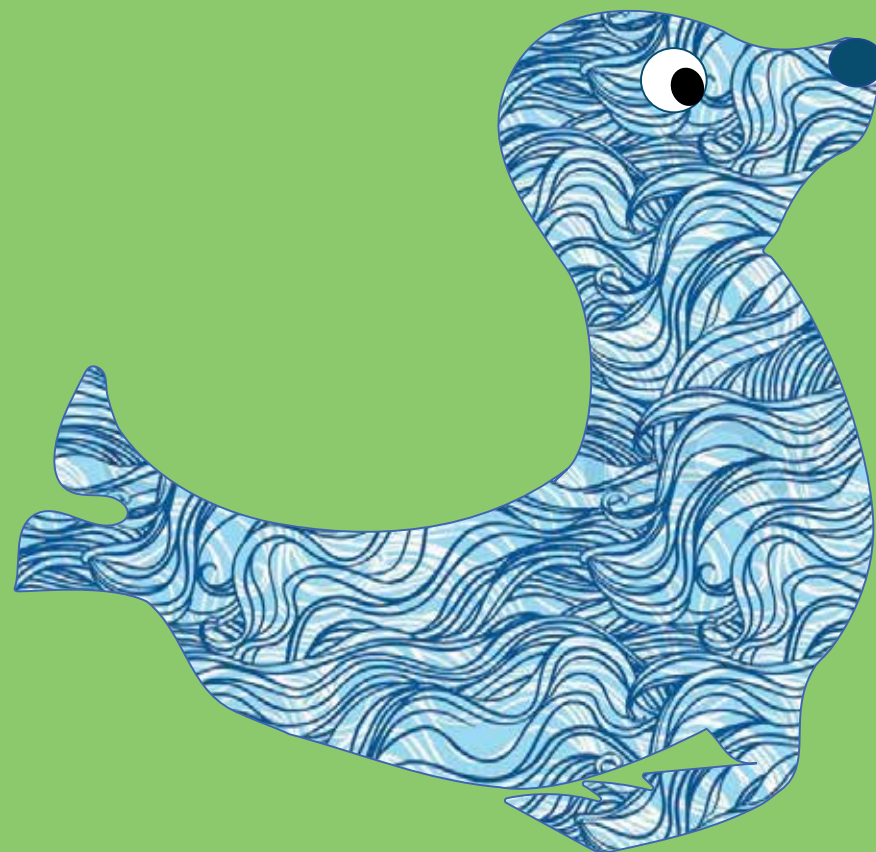
This can affect decision  
making, problem  
solving and emotions.

Student artwork by Wil Parker,  
Bayview College

When drinking starts during the teenage years, young people are less likely to do well at school, or to finish at all.

Student artwork by Joe Mulvey,  
Bayview College

YOU'RE  
COOL  
ENOUGH



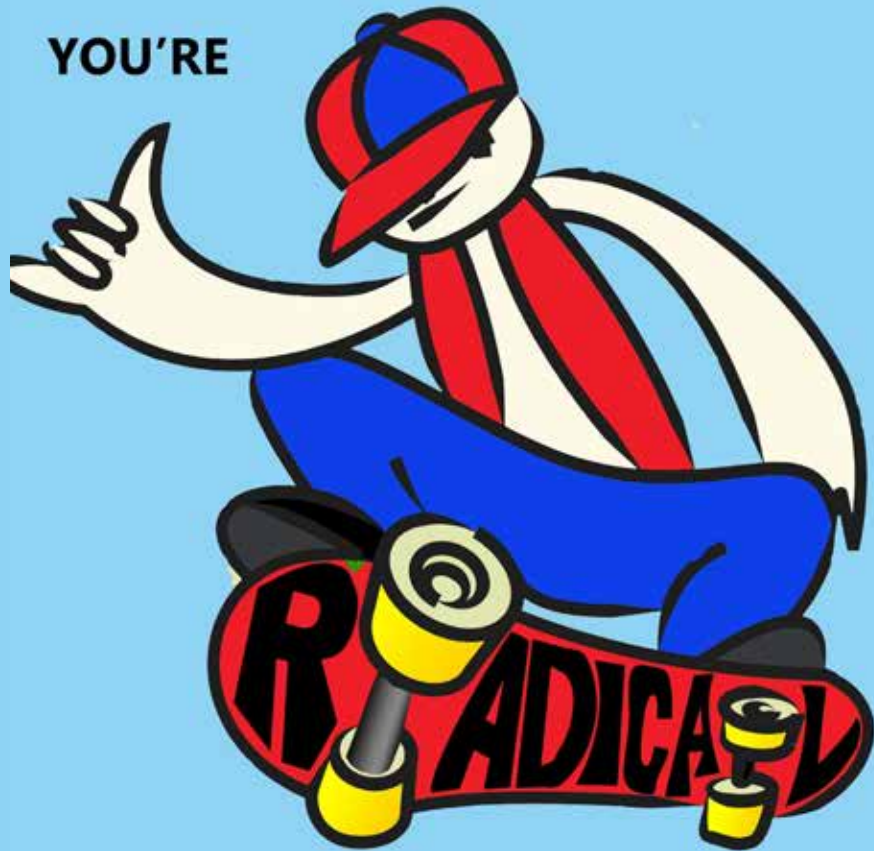
NOT DRINKING IS FINE



JOE MULVEY  
BAYVIEW COLLEGE

NOT DRINKING IS FINE

YOU'RE



ENOUGH

Drinking is also linked to **increased depression, anxiety, bipolar disorder, antisocial behaviour and ADHD.**

Student artwork by Jack Brough,  
Portland Secondary College

# 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.

Front cover student artwork by  
Stacey Goldsworthy,  
Portland Secondary College

This brochure was created as part of Beyond the Bell in Glenelg Shire. We value and appreciate the support of participating schools: Bayview College, Heywood & District Secondary College and Portland Secondary College

