

Alcohol and Young People: Tips for parents of 12-17 year olds

Evidence tells us that what you do as a parent affects your child's choices about alcohol.

What can parents do?



1

Avoid providing alcohol to your children

Drinking from an early age can lead to:

- Young people drinking more regularly and in greater quantities.
- Increased likelihood of alcohol-related problems later in life.

Children who are supplied alcohol by their parents for use without parental supervision are four times more likely to drink in a harmful way.



2

Educate your child

Inform them of the harms associated with drinking alcohol. These include:

- Harm to the developing brain that can lead to memory problems and learning difficulties.
- Blackouts.
- Physical injury.
- Violence.
- Risky sexual behaviour.



3

Clarify your expectations

Talk to your child about your expectations of them regarding alcohol use.

- If your expectation is no alcohol, explain why.
- Discuss how you expect them to behave in environments where alcohol is present.
- If they attend a social event be sure your child understands that they need to keep in touch with you about where they are, and remind them of your expectations about alcohol.
- Reach an agreement based upon your expectations about alcohol and what will happen if the agreement isn't kept.



4

Talk with other parents

Talk to other parents and let them know that you do not want them to provide alcohol to your child under any circumstances.

To help our children reach their full potential, no one should supply alcohol to under 18s.