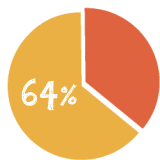


RECENT RESEARCH ON 13-17 YEAR OLDS REPORTED

Source: www.alcoholireland.ie



64% OF THOSE CHILDREN

reported that they drank alcohol previously



GIRLS ARE AS LIKELY AS BOYS

to have drank alcohol previously, binge drink and to have been drunk



50% OF THOSE CHILDREN

were drinking on a monthly or more regular basis

YOU NEED TO ASK YOURSELF



Are you aware of the start and finish time of the disco?

Is your son/daughter definitely at the disco? Is your son/daughter with friends?

Have you arranged a pick up point with your son/daughter for after the disco?

Does your son/daughter have a phone with credit, is it charged?

Does your son/daughter have emergency contact details set on their phone?

Have you an arrangement in place if your son/daughter is refused entry to the disco?

If your son/daughter is bringing a bag to the disco, what's in the bag?

Are you aware of the entrance cost for the disco, have you given your son/daughter too much money?

Do you think your son/daughter would be taking alcohol from home?

yes

no

ok!

maybe

FOUR THINGS YOU CAN DO TO DELAY TEENAGE DRINKING

Source: Straight Talk - a guide for parents on teenage drinking (HSE)

1

TALK AND LISTEN TO YOUR TEENAGER - it is the greatest support you can give them

- Know the facts about alcohol.
- Talk to your teenager about alcohol in a calm, matter-of-fact way.
- Listen to your teenager. They will have their own stories and beliefs about alcohol. You need to hear these.
- Make your feelings about underage drinking very clear. Some parents suggest that talking to another adult in the company of a teenager is a useful way of getting the message across.

2

HAVE FAMILY RULES

- Discuss the rules with everyone.
- Be clear about what is allowed or not allowed, for example they are not allowed to attend teenage parties where alcohol is served.
- Have "coming home" times and stick to them.
- Have consequences for breaking rules and stick with them.

3

KNOW WHERE YOUR TEENAGER IS

- Are they where they say they are? If they say they are staying overnight in a friend's house, check.
- Who are they with?
- What time are they coming home at?
- How are they getting home?
- Do they have a mobile phone with them?
- Have they updated the HEALTH APP on their smart phone?

4

IF YOU DRINK ALCOHOL, BE RESPONSIBLE - Think about your own drinking

- What rules do you have about your drinking (for example, not drinking and driving)?
- Know how much alcohol is in the house and check it regularly.

