



Moville Family Conversation

A Tool for Helping Families Talk about Alcohol

The Moville Family Conversation was developed by Moville & District Family Resource Centre.

With their kind permission it has been reproduced and distributed as part of the

‘Time IV A Change Border Region Alcohol Project’.



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Background Information

The 'Time IV A Change Border Region Alcohol Project' works with local community groups to support efforts to identify, raise awareness of, prevent or reduce alcohol related harm in their community and supports the mobilisation of the wider community in response to the issues identified. This project seeks, co-ordinates and develops appropriate resources or interventions to support the reduction of alcohol related harm in the community. The Movable Family Conversation is one such resource and is reproduced and promoted with the kind permission of the Movable Community Resource Project.

Instructions

The Movable Family Conversation Toolkit was developed by the Movable Community Resource Project to help young people and families talk about alcohol. This toolkit was developed as a Family Conversation made up of two questionnaires; one for children and one for parents.

How the Family Conversation works.

Step One

The children go through the questionnaire on their own (preferably alone if they are able or with their brothers and sisters) and write down their answers. If they have a problem with writing they can think about their answers. We have found that children as young as 9 have a lot of knowledge about alcohol and many have tasted alcohol. They form their own opinions about alcohol very early in life, so please include the younger ones, if possible.

Step Two

Each parent goes through the parents questionnaire themselves on their own, writing down or thinking about their answers. Being honest with yourselves and with your children may help them open up more about alcohol. Perhaps if you are more honest with your children they may be more honest with you.

Step Three

The family then sits down together and listens to each other's answers. We hope that everyone will be able to listen to each other as different people in the same family may see things in very different ways. Young people may take this opportunity to tell you something new.

We hope that by listening and talking together that family members will learn more about how they each see and use alcohol. We also hope that it will make it easier for children and young people to raise the issue again in the future.

The Family Conversation is private to your family and no one will be asking you or your family about it. This is for you and your family to use and benefit from.

Children's Questionnaire

We are worried about the dangers of young people starting to drink alcohol before 18. We want to help families talk about alcohol together. To help you do this we have prepared questions for the children in the family and questions for the adults. Here are the questions for the children. Once you and your parents have finished have a look at everyone's answers.

We hope it will help families talk more openly about alcohol.

Have fun!

All families are different. Some have one parent, some have new partners and step-parents. Answer the questions according to who is in your family. Only your family will see the answers.

1. Does your mother drink?

2. Does your father drink?

3. Who drinks the most?

4. Do your older sisters/brothers drink?

5. Who buys the drink in your house?

6. Where is it kept?

7. How often do they drink?

8. Who tells you: 'You've had enough now'?

9. What does your mother think of drinking?

10. What does your father think of drinking?

11. What do you think about drinking?

12. What do your parents tell you to do about drinking?

13. Do your older brother's and sister's stop you drinking alcohol before you are 18?

14. How do they stop you?

15. How do your parents stop you from drinking alcohol before you are 18?

Adult's Questionnaire

The project is concerned about young people starting to drink too early. One way in which we can help things is by talking and listening to our families. To help get the talking going we have prepared the following questions for you and your wife/husband/partner to fill in and share with each other. There is another set of questions for your children to fill in. Once all the filling in has been done, have a look at everyone's answers together.

We hope it helps families talk more openly about alcohol.

Have fun!

1. How much alcohol is bought?

for the family in general?

for any individual in the family?

consumed outside the house (pub/restaurant)?

2. Where is it kept?

3. Describe your use of alcohol

4. If you drink, when do you stop?

I know myself when to stop

When I can see the bottom of the bottle

My wife/husband/partner/child tells me when to stop

Other

5. What do your children know/think about alcohol?

6. Do you drink in front of them?

7. What do your children know/think about your use of alcohol?

8. Describe the attitude of your children who are drinking to alcohol?

9. Describe the attitude of your children who do not drink alcohol?

10. What are your hopes for your children in relation to alcohol?

11. How are you already informing them about alcohol related harm?

12. In what other ways are you protecting them from alcohol related harm?

13. How are the older children protecting their younger brothers and sisters?

Time IV A Change Border Region Project

Project Vision

A region where all citizens have a healthy and responsible attitude toward alcohol and are protected from alcohol related harm.

This project works with local community groups to support efforts to identify, raise awareness of, prevent or reduce alcohol related harm in their community and supports the mobilisation of the wider community in response to local issues identified. This Community Mobilisation Project is one of several such projects in the North West Border area and form part of a larger regional initiative under the Co-operation & Working Together's (CAWT) 'Time IV A Change' Border Region Alcohol Project which is funded through the Special EU Programmes Body under the European Union's INTERREG IVA Programme.

There are three interlinking strands to this:

- Community Mobilisation Process: supporting and enabling communities to tackle and respond to alcohol related problems at community level.
- Provision of a specialist, family-orientated early intervention service for individuals who need support around alcohol misuse.
- Promotion of the Strengthening Families Programme in the Border Region

The objectives of this project are:

- To create an understanding of the role that alcohol plays in society
- To improve levels of support for families, individuals and communities to address alcohol related issues
- To mobilise a multi-level approach that is strategic and operational, guided by evidence and planned in response to local needs
- To raise awareness amongst all stakeholders of the need to change current alcohol culture
- To establish the border region as an area of best practice in alcohol harm reduction

Helpful organisations, websites & phone lines

Time IVA Change Border Region Alcohol Project (074 91 25596)

North West Alcohol Forum Ltd. (074 91 25596)

Parents

Family Resource Centres (info@familyresource.ie)

Fás Le Chéile (Catherine Coleman: Co-Ordinator 087 691 3777)

Parentstop (074 91 77249 Letterkenny / 074 93 73493 Carndonagh)

Young People

Donegal Youth Service (074 9129630)

LOFT Youth Project & Health Café, (Letterkenny, Co Donegal, Tel 074 9188271)

Youth Drug & Alcohol Education & Prevention Project (Vanessa Collins, Foroige, 086 0481977)

Young Person's Alcohol & Substance Counselling & Advisory Service (074 91 28769)

www.spunout.ie

www.drugs.ie

www.headstrong.ie

Health Service

HSE, Alcohol & Substance Counselling & Advisory Service (074 9128769)

Youth Addiction Service Letterkenny (074 9128769)

White Oaks Rehabilitation Centre (074 93 84400)

Alcoholics Anonymous (01 842 0700 09.30-17.00 / 01 852 7000 Afterhours)

Al-Anon Ireland (01 873 2699 10.30-2.30 Mon – Fri / 01 873 2699 Weekend 24 hour helpline)

Al-ateen (01 873 2699 10.30-2.30 Mon – Fri / 01 873 2699 Weekend 24 hour helpline)

Samaritans (1850 60 90 90)

Lesbian, Gay, Bisexual & Transgender (0857 41 16 07)