



Talking Matters!

This booklet is for parents/guardians to support and help you talk to your children about alcohol.



Parents Matter

You as a parent/guardian are the strongest influence on your child's attitudes and future behaviours towards alcohol¹. 95% of Junior Cycle students identified parents as the main source of learning about alcohol in 2016². Children look to you for guidance and support when making decisions, including the decision not to drink underage. Be your children's first source of information about alcohol and believe in your own power to influence them to remain alcohol-free.

Early initiation and hazardous drinking patterns during adolescence when emotional, physical, and cognitive growth is occurring, results in young adolescents being particularly vulnerable to the harmful effects of alcohol, including the risk of injury, mental health issues and short and long term damage to the developing body and brain³. The 2018 HBSC study data found that 26% of 15-year-olds in Ireland reported being drunk in their lifetime, this rose to 46% for 16-year-olds and 62% for 17-year-olds⁴.

Talk to your children from a young age and often about alcohol and role model good behaviour around it. You influence them through the example you set, the boundaries and rules you negotiate and the freedoms and behaviours you allow. *"I believe that parental attitudes to alcohol in the home and at events where teenagers are present, can impact on whether a child develops a positive relationship with alcohol"⁵.*

Remember alcohol should have no place in the lives of children.

An alcohol-free childhood is the safest and best choice for children and delaying the age of first drink is a priority.

- Talk to and educate your child about alcohol
- Clarify your expectations
- Connect with other parents

Why Talking Matters!

- 1 Parents can help young people to be aware of and reflect on the influences in their lives, both positive and negative, including the impact of family members, peers, social media, marketing and advertising on their attitudes, behaviour and choices around alcohol.
- 2 Even at an early age, children develop a sophisticated understanding of alcohol from observing parents and other adult relatives^{6/7}. The average age for adolescents to have their first drink in Ireland is 15/15.5 years old^{8/9}. Young people who start drinking at or under 15 years old are four times more likely to have alcohol related problems later in life¹⁰.
- 3 Between the ages of 10 and 13 years old, parental drinking motivations have been shown to have a direct effect on the "Alcohol Expectancies (AEs)" of young adolescents, with AEs in turn developing into personal drinking motivations¹¹. You are your child's most important role model.
- 4 Teenagers who drink under parental supervision are more likely to binge drink unsafely than those who are encouraged to keep the legal age limit of 18¹².
 - Parental supply of alcohol, be it sips or whole drinks, increases the odds of supply from other sources within one year¹³.
 - Throughout childhood and up to 25 years, the brain is still developing¹⁴. Alcohol, if introduced at this time, can impact long-term brain function and contribute to future problems^{15/16}.
 - The first drink is often given by parents or close relatives⁵.
 - Parental monitoring is crucial in delaying alcohol use¹⁷.

Consistent messages about alcohol can help delay the age of first drink and reduce alcohol-related harm.

What might prevent you talking to your child about alcohol?

Our attitudes and beliefs about alcohol and young people can either block or enable conversations with them.

Children are naturally curious about the world around them and this applies to alcohol too.

How to talk to your child about alcohol.

Consider how the following attitudes or beliefs could prevent you from having a meaningful conversation:



“Drinking alcohol is a rite of passage for young people. It is part of growing up.”



“My teen never listens to me anyway. No matter what I say and do they are going to drink so why should I bother?”



“Alcohol is a lot less harmful than other substances.”

The statements above suggest that parents are powerless over a teen's decision to drink which is not the case. Drinking alcohol should not be part of growing up and should have no place in childhood. While you may believe that you have little influence on the young person, research has shown that this is not the case.

When to talk to your child about alcohol

While there is no set time to start the conversation it is important that it is age-appropriate, starts early and is an ongoing conversation.



Get the information you need to be prepared to have the conversations. See drinkaware.ie/parents/rules

- » It is **important not to force the topic** but use natural opportunities as they arise (e.g., when alcohol features in soap, film, or TV) or your child asks questions about health, safety, or friendships
- » An **open, honest conversation** about the role alcohol plays in the world around them, and in the lives of young people can assist in protecting them and keeping them safe.
- » **Open, respectful, and non-judgmental communication** leads to a healthy relationship developing between parent and child, enabling the child to talk to you if or when alcohol issues arise for them.
- » What they think matters, so **encourage them to express their views about alcohol** and **really listen to what they have to say**. Trusting them enables them to be honest with you.
- » Focus on what can happen in difficult situations and **help them develop the tools to cope**. Highlight the short-term effect of drinking and getting drunk (such as accidents, doing stupid things, arguments and damage to relationships with friends/family). This can help teens delay the age of first drink. This is more effective than just saying “Don’t” or using scare tactics.



Take our Parent & Child Quiz:
drinkaware.ie/parents/talk

Communication Matters!

Talk in a caring, open, nonjudgmental manner.

Negotiate boundaries and consequences.

Talk to your child about friendship and important qualities in a friend (e.g. kindness) that count rather than being "cool" or "popular."

Don't give alcohol to under 18s.

Know and keep in touch with your child's friends and their parents.

Assist your child to be a critical thinker and aware of influences in their lives including marketing and advertising of alcohol.

Ask open-ended questions.

Develop a loving, trusting relationship with your child.

Weave age-appropriate information into everyday conversations.

Don't lecture or use scare tactics.

Listen to your child and get their views. Don't interrupt. Let them know you value their opinions.

Be aware of the messages you are giving about alcohol and be consistent.

What you do matters!

What you say matters!

Don't make jokes or laugh at someone being drunk.

Explain why they should avoid drinking underage, while their brains and bodies are still developing.

Ask how you can help them stay alcohol free.

Know the HSE Low risk guideline for adults.

Set a good example at home - don't drink before going out socialising.

Help the young person to be aware of the pressures or influences on them and ways to cope and deal with it.

Discuss with them how to avoid or say "No" to alcohol and be assertive.

Model celebrating events and achievements without alcohol.

Be a good role model.

Be self aware and honest with yourself around your own alcohol consumption.

Discuss who or what might influence them to drink or not to drink.

Model assertive behaviour and how to deal with the discomfort & disappointment of the other person when refusing a request.

Match your actions with your beliefs.

Manage difficult situations and uncomfortable feelings in a healthy way, e.g. a walk, yoga, meditation or ask for help.

Know the risks of underage alcohol use

There are many risks associated with underage drinking. Research shows the younger that people are when they start to drink, the more likely they will be to experience negative outcomes. Consider some of the following:

Health

Drinking underage can affect child's growth and development including liver, bones, brain and hormones. It can increase the risk of a number of serious long-term physical health risks including liver disease, cancer and heart disease¹⁸.

Drinking can affect mental health and lead to depression and anxiety. Research shows a close link between alcohol misuse and an increased risk of developing mental health issues including emotional and behavioural problems¹⁹.

Behaviour

Alcohol affects young people's perception of danger and risk and impairs judgement and co-ordination.

Underage alcohol use can lead to aggression, violence, injury and death. Young people who binge drink are at high risk of incurring injuries and being a victim or a perpetrator of crime and violence²⁰.

Brain

The brain is developing throughout the teenage years and into the mid-20s. Adolescents can be more sensitive than adults to alcohol's effects on memory, impairing balance, motor co-ordination and decision making. Introducing alcohol at this time can impact long-term brain function and create alcohol problems later in life¹⁵.

Sexual Health

Alcohol impairs young people's decision making skills leading to loss of inhibitions and behaving in a way they would not behave if they were sober. This can have serious implications for young people around negotiating consent and protecting themselves.²³

Education

Underage drinking can lead to impaired educational attainment. Skipping school and absence from school were associated with the use of alcohol and drugs among 2019 ESPAD respondents in Ireland. Of students who had missed school seven or more days in last month, 79% were current drinkers²².

Illegal Drug Use

Irish adolescents with serious drug and alcohol problems began to drink alcohol at a much earlier age than those without such problems²¹.

“ I am more aware of the long-term and short-term effects of drinking alcohol and what can happen e.g., liver damage, mental health issues, damage to relationships, academic achievements where you can't concentrate fully⁵. ”

Student, Junior Cert Alcohol Education Programme (JC AEP)



Accidents/
injuries



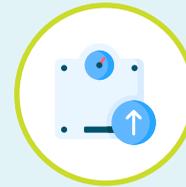
Anxiety and
depression



Later
dependence



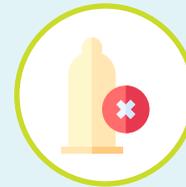
Regrets



Weight gain and
skin problems



Self-harm and
suicide



Risky sexual
behaviour



Alcohol
poisoning



Learning
difficulties and
memory loss



Long-term emotional
problems due to impaired
brain development



Absence of skills
development for
dealing with emotions



Cancer, high
blood pressure,
heart disease, liver
damage



Building Resilience

How can I help my child build resilience?

Building resilience is a journey which takes time and effort. It can be learned, developed and enhanced by positive behaviours, thoughts and actions²⁴. It can be built by increasing protective factors including self-care and coping skills and at same time reducing risk factors like early substance use or conflict²⁵.



Remember you cannot always prevent your child from experiencing tough times, but you can play a significant role in helping your child be more resilient. You are your child's most important role model.

Emotional wellbeing

Help your child recognise, name and manage feelings and develop empathy. Stress qualities of kindness and trust rather than "popularity" or being "cool." Develop positive ways to deal with stress.

Helping others

Children who feel powerless can become empowered by helping others and volunteering in age-appropriate work and ask for assistance yourself.

Have routine and rules

Routine gives structure and creates safety while also needing to be flexible at times. Rules should be clear, consistent and negotiated.

Acknowledge achievements

Help your child recognise and appreciate when they meet goals or learn a new skill or develop a new quality

Build positive relationships

Teach your child to engage and mix with peers and to listen to others. Encourage them to build healthy friendships. Build a supportive family network.

Nurture self-belief

Help your child to develop realistic self-belief by validating them, acknowledging achievements and showing unconditional love and acceptance

Teach skill of help-seeking

Model for your child the importance of seeking help and support when needed.

Goal Setting

Teach your child to set realistic goals and to be able to move forward with the goal even when challenged

Teach self-care

Eating properly, getting enough sleep, exercising are all important.

Support extra curricular

Support child's involvement in sports, hobbies and social activities.

Nurture appreciation

Teach your child to value what they have and who they are

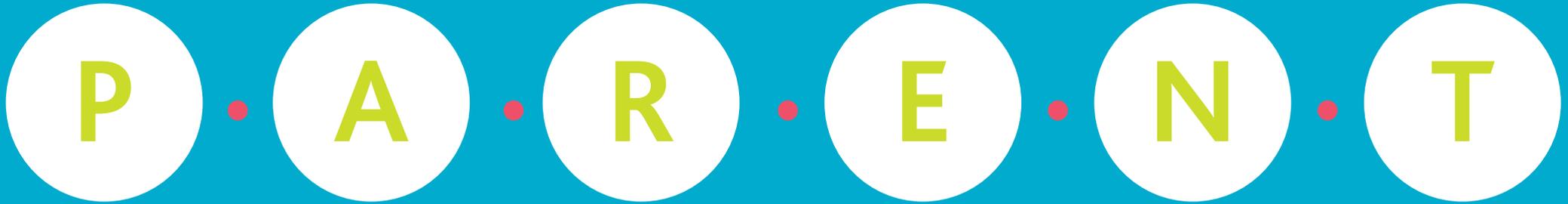
Critical thinking

Encourage young person to reflect on their behaviour and to be a critical thinker.

“ Something I do to make myself happy is play video games with my friends online. They just talk to you and listen to your problems²⁶. ”

“ Go for a walk, eat healthily, get enough sleep and drink plenty of water. Do some things you enjoy doing and make you feel calm²⁶. ”

Your role as a parent



Proactive

Be proactive in discussing alcohol with your children. Don't wait for an alcohol-related incident to occur.

Having a conversation about alcohol early will help your child to understand alcohol & its effects. Ultimately, this will help them to develop a healthy attitude towards alcohol, giving them the best chance to make sensible choices about drinking in the future.

Activities

Encourage sports, hobbies & social activities that keep your child active, healthy and fulfilled.

Boredom & having nothing to do is often stated as a reason why some teenagers start drinking. So why not help your child get involved in activities that are of interest to them?

Rules

Don't be afraid to set rules in relation to alcohol use. Children need boundaries.

However, it's important that you clearly communicate your expectations about alcohol with your child and that they know and understand the consequences of breaking those rules. Discussing this openly encourages mutual respect and trust.

Example

The example set by parents with your own drinking affects a child's behaviours and attitudes towards alcohol use.

It is useful to think about your own relationship with alcohol and what messages your drinking habits could be sending to your child. Remember, you are the most influential person in your child's life.

Notice

Take notice of what is going on in your child's life. Who are their friends? What are their interests? Where are they spending their free time?

Parents have a critical role to play in knowing where their children are and who they are with. Getting to know other parents and guardians can also give you a better picture of what is going on in your child's life.

Talk

Talking matters because effective parenting cannot happen without it.

Good communications is the key to building self-esteem and resilience in your child. Communication is a two way process & accepting that teenagers may see things differently is the first step in discussing issues effectively with them. You may be surprised how much teenagers will confide in you if they feel you are really listening to them.

Parent-child relationship and understanding

Ask yourself the following questions

- » Have you had a conversation with your child about alcohol recently?
- » Do you know your child's attitudes towards alcohol use?
- » Is your child involved in one or more after-school activities?
- » Are there other activities that your child would be interested in doing?
- » Is your child aware of your rules in relation to their alcohol use?
- » Is your child aware of the consequences of breaking those rules?
- » Do you or your partner regularly drink in front of your child?
- » Do you often express the need or desire for a drink in front of your child?
- » Can you name your child's three best friends?
- » How much money does your child have access to and what are they spending it on?
- » Are you able to discuss issues with your child in a respectful, non-confrontational manner?
- » Who does your child confide in when they have concerns?
- » Do you know and talk with the parents of your child's close friends?
- » Do your child's closest friends ever visit your home and meet there?
- » Are you aware of what your child is watching online? Is there supervision?

Suggested response to a request

Can I go to my friend's 16th birthday party?



Firstly, let them tell you all about the party, where it is, who is going etc. Discuss what they are looking forward to about the party or what they might have concerns about. Encourage your teen to think through any issues or concerns they may have about the party. Ask questions like "What would make it a good party?" Take time to make your decision. Consult with the parents of their friends and discuss the best option.

Refuse permission

Explain why you are refusing and model assertive behaviour (with kindness) by not giving into pressure or feeling sorry for them as they are upset. While you don't want to isolate your teen from peers by refusing them permission to go to the party, you also have to teach them to handle pressure and to be able to stand on their own two feet.



Give permission

Tell them you care about them, trust them and want them to have a good time and enjoy the party. Remind them of rules and negotiated consequences. Discuss how they can say "No" to alcohol and what plan they will put in place to avoid underage drinking. Listen to what they have to say. Then agree on a plan with your teen in advance. Maybe you can decide on a "code word" to text you or a family member if they feel they are being put in an uncomfortable situation. Offer to support them e.g., dropping them at or picking them up from the party. Agree on a time to collect them or to be home after the party.



Inform the host you don't want your young person drinking alcohol.

???

Questions you might like answered

Can I drink zero alcohol beer?



Firstly, non-alcohol beers and spirits are not designed for children or those under 18 years old. Non alcohol drinks are classified and regulated as an alcoholic drink. They contain a minimal amount of alcohol. Since alcohol is still present it should only be consumed by those over 18 years old. They can be a substitute for alcohol which is ok for adults but not for children. Non-alcoholic beer still tastes and looks like beer.

Did you drink when you were a teen?

It is best, to be honest, and say if you did or didn't drink as a teenager, you don't need to go into detail. Explain that then there was less known about alcohol and its effects. Acknowledge that looking back, even then, it was risky but much more is known today about its harm regards young people and its effects on the developing brain and body plus the risk of dependency and alcohol harm and alcohol-related problems later in life. Speak about healthy ways today to enjoy oneself and have a happy and healthy childhood.



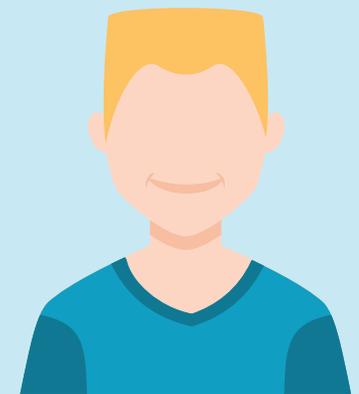
You drink so why can't I?



Explain the difference between an adult and adolescent drinking. Discuss why as an adult you might like to have a drink for example with a meal or when celebrating an event. Also, point to other ways to celebrate. Point out that adults' brains and bodies are fully developed which means they are better able to handle drink. Remind your child that underage drinking is against the law and that there are reasons for this. Young people's bodies and brains are still growing and alcohol can have a greater effect on their health, judgment and behaviour. Drinking alcohol in moderation is legal for adults but an illegal activity for those under 18. If you treat your child as an adult when it comes to alcohol, then don't be surprised if they experience issues which should be an adult's.

Why is alcohol bad for me?

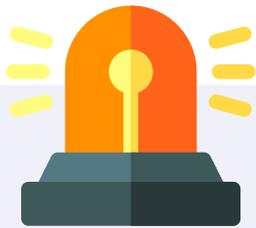
Talk to them in an open non-judgmental way without scaring your child about alcohol. Explain that more is known about alcohol today than when you were a teenager. Alcohol can affect the growing brain, impair memory, interfere with judgement and make you sick. Teenagers can think they're invincible. But alcohol is harmful to children and young people - drinking before becoming an adult has additional risks for health and wellbeing. Risks include accidental injury, lowering inhibitions leading to risky behaviour and alcohol poisoning. Young people who drink can develop depression and anxiety problems. People who start drinking regularly at a young age are more likely to develop alcohol-related problems later in life. It can affect school performance leading to drop-out.



While this booklet is primarily concerned with preventing underage drinking, we also know that some parents may be facing the reality that their child/teen might be drinking.

How would I know if my teen is drinking?

Sometimes it is obvious they have been drinking as you can smell it off their breath or clothing or they are acting out of character. They may deny it or try to avoid you. Next morning look for signs of a hangover.



Some signs to look out for regarding teen drinking are:

- Spending more time away from home
- Change in emotions, friendships
- Evasive when asked questions
- Poor concentration and co-ordination
- Problems at school
- Sleepiness
- Slow reflexes and reaction time
- Lowered inhibitions
- Slurred speech, poor vision, flushed skin
- Frequency to the toilet

What should I do if my child comes home drunk?

Firstly, keep calm and in control. Your child is in a vulnerable state and needs your care. Speak clearly and calmly. Ask if they have taken any substance and what or how much they have drunk? You could also check this with their friends or establishment that served them.

Ensure your child is safe and keep them awake observing them closely in case they get sick. Watch until they are hydrated and sober. You may need medical help, especially if they are injured, have taken or you think they have taken other substances or have lost consciousness.

Do not force them to eat or drink, make fun of or laugh at them, punish them while drunk, criticise, argue or threaten them.

Set aside a time the next day, when you are both calm and they are sober. Ask what happened, listen and explain what you saw, how you feel about it. Don't criticise them but address the issue of their behaviour. Ensure the rules you established are kept and the consequences are followed through. Avoid blame and take steps to ensure your child is supported to get the help they need to stay alcohol free. Remind your child that you are always there to share problems or if they want to talk. If teenagers are drinking regularly, speak with your GP.

What is alcohol poisoning and how can I help if I suspect my teenager is suffering from it?

Drinking underage can be very dangerous as young people's bodies and brains are not fully developed. Our bodies absorb alcohol faster than food. The liver can only process a limited amount of alcohol. Should a person drink more than one standard drink an hour the liver can't keep up processing the toxins. If your child has drunk more than their body can handle, they could be at risk of alcohol poisoning.

Alcohol poisoning happens when a person drinks a toxic amount of alcohol, usually over a short period of time and the body is unable to cope with it. The more teens drink, especially over a short period of time, the greater the risk of alcohol poisoning. Alcohol poisoning can result in damaged health or life being lost. Most people recover, especially if cared for properly.

Symptoms of alcohol poisoning



Confusion and loss of balance/co-ordination



Low body temperature / Skin cold or blueish



Breathing less than eight breaths a minute



Nausea and vomiting



Fits/seizures



Unresponsive or unconscious

What to do if you're concerned a person has alcohol poisoning:

- Seek medical help by calling 999 or 112 and ask for an ambulance immediately
- Turn them on their side and place cushion under their head, to stop them choking on vomit.
- Do not try to make them vomit
- Do not leave them alone to sleep it off, if they appear to be breathing normally as alcohol levels continue to rise for 30-40 mins after the last drink

Prevention Matters



Key events where underage alcohol use may occur

Parents of teenagers need to always be vigilant in preventing underage alcohol consumption, but especially during following the times:

- Night of examination results, especially Junior Certificate results
- Mid-terms, Halloween, St Patrick's Day, New Year's Eve
- End of term and beginning of holidays, especially for Christmas, Easter and Summer
- Attending concerts and festivals as well as family celebrations and community events
- Celebrating team sport wins/successes or commiserating losses.

As a parent, what can you do to prevent underage alcohol use?

1. Have an ongoing **two-way conversation** about alcohol. Talking matters!
2. Negotiate and set boundaries and consequences. Regularly remind them of your expectations around alcohol use. When parents communicate their expectations around alcohol use to their children, they are less likely to start drinking.
3. Give them information and facts about alcohol. Be honest. Talk to your young person about the dangers of alcohol including binge drinking and alcohol poisoning. Listen to their views and stories, without judgement.
4. Limit social media use and encourage them to be critical consumers.
5. Get to know their friends and their parents.
6. Restrict accessibility to alcohol. If keeping alcohol in your home, ensure it is not easily accessed and monitor what is there regularly.
7. Engage them in healthy, fun family activities. Have regular mealtimes and use them as opportunities to plan the day ahead or review the day with its positives and challenges.
8. Think about your own drinking behaviour. Modelling matters!

Iceland Model of Substance Use Prevention for Adolescents (Planet Youth).

One primary prevention evidence-informed model that has gained significant recognition is the Iceland Model of Substance Use Prevention for Adolescents (Planet Youth).

Parenting aspects of the model are very strong with an emphasis on parental supervision and organised leisure time activities, together with curfew hours and encouragement of joint family dinners. These are seen to play a central role in reducing alcohol and substance use among young people. Key to prevention is the adolescent's relationships with peers and parents and their participation in organised youth work.

Why young people shouldn't drink

- Alcohol can affect the mind and body in unpredictable ways and in the teenage years, teens lack the life experience, judgement and coping skills to handle alcohol wisely.
- Drinking underage is related to a wide range of health and social problems.
- Drinking underage is against the law.
- Alcohol impairs judgement, which can lead to risk-taking behaviour and can make a person more vulnerable or at risk of dangers
- Where there is a history of alcohol dependency in the family, a young person may be more vulnerable
- Alcohol affects the young differently to adults
- Drinking doesn't make young people cool, happy or more attractive. If young people expect these effects from alcohol, they are more likely to drink when young. A parent can educate young person and dispel these inaccurate beliefs.



Why young people might drink

Almost half (46%) of year 3 students said young people drink for fun/ to relieve boredom, (23%) to feel better/ happy/good and peer pressure.⁵



I feel like we don't have as much resilience. We don't have as much experience with alcohol, (as we shouldn't). We're too young to experience all this²⁶.

Young person,
Drinkaware 2022

Seek help and support if you know your teen has been drinking or is experiencing difficulty.



The law and alcohol

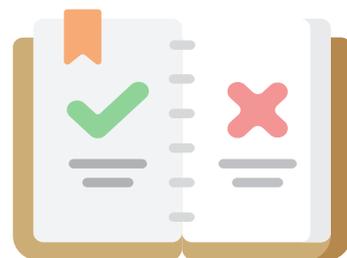
What are the laws in Ireland about alcohol and under 18s?

- The legal age for consuming alcohol in Ireland is 18 years of age.
- A person must be 18 years old before they can purchase alcohol.
- It is an offence to serve alcohol to those under 18 years old.
- For those under 18 years old, they must be supervised by a parent at all times in an off-licence. It is illegal for under 18s to purchase alcohol.
- It is also illegal for someone over 18 to purchase alcohol for those under 18.
- Altering a Garda Age Card is an offence with a fine of €2,500.
- It is an offence to pretend to be over 18
- In a private residence, alcohol cannot be served to a visiting young person (under 18) **without the explicit consent of that young person's parent or guardian.**

The Public Health Alcohol Act (2018) and young people

The aim of the Act is to reduce alcohol consumption in Ireland and the harm caused at a population level. It has a particular emphasis regards young people and children with restrictions on advertising to them.

For further information on the Act see: www.irish-statutebook.ie/eli/2018/act/24/enacted/en/html



What are the rules for under 18s in pubs?

A parent can bring child (under 18) to a pub with them with some restrictions:

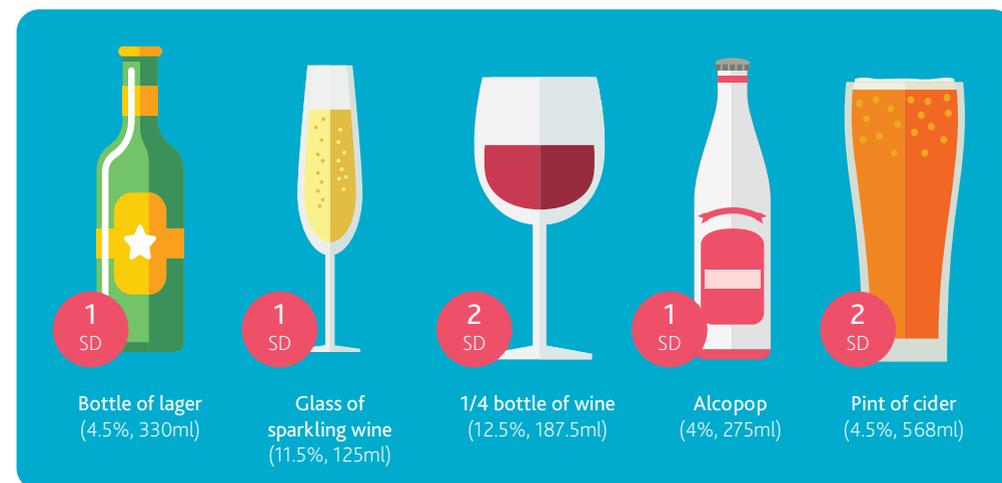
- Children under 15 must be supervised at all times
- Children under 15 can only be on the premises between the hours of 10:30 am and 9:00 pm (10:00 pm from May to September)
- Children aged 15 and over, who are accompanied by their parent or guardian, can stay on the premises after 9:00 (10:00 pm from May to September) if they are attending a private function where a substantial meal is being served

The licence holder (normally the pub owner) can also refuse to allow a child or children on the premises if they believe that doing so would be harmful to the child's health, safety or welfare.

For full details on the law and alcohol, see www.garda.ie

What is a standard drink?

A standard drink is a measure of alcohol. In Ireland, one standard drink contains 10 grams of pure alcohol. Common examples are a half pint of 4.5% lager, 100ml glass of 12.5% wine or a pub measure (35.5ml) of 40% spirits. It takes at least one hour to process one standard drink.



What is binge drinking?

Binge drinking (or heavy episodic drinking) is consuming 6 or more standard drinks (60 grams of pure alcohol) in one sitting, usually in a short space of time. The term 'binge drinking' is a clinical definition used by the **World Health Organisation** and the HSE.

Our liver can process approximately one standard drink per hour. When you binge, you're drinking faster than your liver can handle. This means that the liver's ability to process alcohol and complete all the other essential functions it performs is affected.



1 in 4 adults in Ireland binge drink on a typical occasion²⁷

If you don't know what 'risky drinking' looks like it can be difficult to understand how to make positive changes to your drinking habits. Understanding these guidelines means you have the information to make changes for the better and can avoid binge or risky drinking.

Where to get information, help and support

Drinkaware

Drinkaware is the national charity working to prevent and reduce alcohol misuse in Ireland.

 info@drinkaware.ie

HSE Drug and Alcohol Helpline

It is a free confidential place where you can talk through your concerns about drugs or alcohol, get information about services and consider the options available to you to improve your situation.

 1800 459 459 (Mon-Fri 9.30am - 5.30pm)

 helpline@hse.ie

Al Anon Family Groups

Help and friendship for families and friends of problem drinkers. Anonymous programme to help you cope, whether the person is still drinking or not.

 (01) 873 2699 (10.00am - 10.00pm)

 info@alanon.ie

Tusla Child and Family Agency

Concerns about the safety or welfare of a child. If you think child is in **immediate risk of harm**, call the Gardaí on 112 or 999

 (01) 771 8500

Parentline

A national, confidential helpline that offers parents support, information and guidance on all aspects of being a parent and any parenting issues.

Parentline, in partnership with the Parents Plus Charity run online courses for parents.

 (01) 873 3500  info@parentline.ie

National Parents Council (NPC)

NPC exists to ensure that all parents are supported and empowered to become effective partners in their children's education.

National Parents Council Post-Primary

 (01) 862 3346

 manager@npcpp.ie

 www.npcpp.ie

National Parents Council Primary

 (01) 887 4034 (Mon-Fri)

 info@npc.ie

 www.npc.ie

Crosscare Drug & Alcohol Programme (DAP)

Crosscare's Drug and Alcohol Programme (DAP) supports adults & young people whose substance misuse or other addictions may be problematic.

 (01) 836 0011  info@crosscare.ie

Alcohol Addiction Counsellors of Ireland

This is the accredited body for addiction counsellors.

 (01) 797 9187  info@addictioncounsellors.ie

Support for young people

Teenline

A national active listening service for children and young people up to the age of 18.

Teen-Line Ireland: a free-phone and free text service for teenagers open seven days a week from 8pm to 11pm. Text "TEEN" to 50015.



Freephone: 1800 833 634
(open 24 hours a day / 365 days a year)



www.ispcc.ie/teenline

Childline

Childline provides free listening services to children and young people up to the age of 18 and is open 24 hours every day.



Freephone: 1800 666 666



Text the word "Talk" to 50101



Online chat at childline.ie

BeLongTo

BeLonG To youth services is the national organisation supporting lesbian, gay, bisexual, transgender, and intersex (LGBTI+) young people between 14 and 23 years in Ireland. Services include: support groups for young people and parents, informal one-on-one chat service, professional counselling and drugs and alcohol support service.



01 670 6223 (Mon-Fri: 9am-1pm & 2pm-5pm).



info@belongto.org



Text LGBTI+ to 086 1800 280 anytime you need support.

Your Mental Health

Gives advice and information including support services for mental health and well-being.



Freephone: 1800 111 888.



yourmentalhealth.ie

For further information on supports available see <https://www2.hse.ie/wellbeing/alcohol/coping-with-difficult-situations/alcohol-support-services-for-families.html>

No Name! Club

A National Voluntary Youth Organisation with 23 clubs throughout Ireland run by, and for young people aged 15-18 years, enabling young members to organise and enjoy positive alternatives to alcohol and drug-centred activities.



059 6400299 (Mon-Fri 9.30am - 5.00pm)



admin@nonameclub.ie

Spunout

spunout is Ireland's youth information website created by young people, for young people



50808
(text service, anonymous, free and available 24/7)



www.spunout.ie

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DRINKAWARE

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