



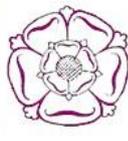
Kings Langley  
Secondary



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Primary



Bovingdon  
Primary Academy



Kings Langley  
Primary



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Church of England  
Primary



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St Pauls Chipperfield  
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Primary



## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

# Top Tips for Talking to Teens about Alcohol A Guide for Parents

- ◆ Teach your child about sensible drinking - pacing drinks, alternating alcoholic and non-alcoholic drinks and always eating a decent meal before drinking.
- ◆ Warn them how easy it is to go over their limits, make a fool of themselves and compromise their safety or do something they might regret later.
- ◆ Find a relaxed time when you can both chat, such as when you are giving them a lift, or watching TV rather than when they are half way out the door or with their friends.
- ◆ Talk about how they may feel or what they may do under pressure, in difficult situations such as being offered a drink, or being offered a lift home by a friend who has been drinking.
- ◆ Talk openly and honestly about the potential dangers of binge drinking. Make it an inclusive discussion, not a lecture.
- ◆ If you do drink, be honest about your own choices, rather than just presenting the negatives.
- ◆ Talk about how alcohol can influence people's judgement and help them to think through how it might feel to regret something the next day.
- ◆ Make them aware of drinks being spiked and how to avoid putting themselves in vulnerable situations. Encourage them and their friends to look out for each other.
- ◆ Explore how alcohol affects people in different ways, and how it can make some people aggressive and violent. Talk through ways of keeping safe and walking away from trouble.
- ◆ Ensure your teen knows that, no matter how angry you may be with them, you are there for them, and that they can call you if someone gets hurt or they are worried about something.
- ◆ Offer your child the chance to ask any questions so they can come to you if they ever need any help.
- ◆ Try not to take it personally or feel downhearted if they don't take your advice. Sometimes teens have to make their own mistakes to realise that what you have said is true.

Information provided within this factsheet has been developed in conjunction with material available from Family Lives. For more information visit [www.familylives.org.uk](http://www.familylives.org.uk) or contact Student and Family Services on 01923 264504 or 07538 232069



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