

Have you had a wonderful half term? The weather has been so kind this autumn but certainly our local fireworks were cancelled due to the high winds, and all the leaves have disappeared from the trees.

As the nights are drawing in, it's harder for us to ensure our kids get enough exercise and don't spend too many hours on line and on their mobile devices. Interestingly, a poll from Channel 4 this week discussing why one in four young people don't drink alcohol, found that one reason is that they prefer to be chatting to their friends on line from the comfort of their home than being out with mates! For tips on how to keep your kids occupied visit [www.alcoholeducationtrust.org/Pages/Parents/parentwttdtd.html](http://www.alcoholeducationtrust.org/Pages/Parents/parentwttdtd.html)



Other reasons include we as parents being much more aware and vigilant with our kids around alcohol. But mainly, it's much harder for teenagers to buy alcohol themselves and retailers and police are also cracking down on those who they think might be buying alcohol on behalf of someone under 18 (buying by proxy). [www.channel4.com/news/why-one-in-four-young-people-never-drink-alcohol](http://www.channel4.com/news/why-one-in-four-young-people-never-drink-alcohol)

## New parent awareness campaigns

If you live in the North West or South West, we expect you will have seen campaign materials from Drinkwise and Drinkaware encouraging parents to be aware around alcohol with their children. We suggest a few simple steps that really help:

### I'm off to the cinema Mum

It might seem obvious, but know where your kids are and who they're with and just don't take their word for it. They might be having a sleepover at Jamie's but forget to mention the party they're going to first, or say they're going to the cinema or shopping when in fact they're hanging about in the park. Chatting to other parents involved, saying No if you're not confident really makes a difference – Try and ask open ended questions though, rather than 'Where've you been?' or it can make things worse. This gentle monitoring needs to be in place from age 11, believe it or not.



### Agree a few rules and stick to them

Family rules can include always having the mobile on and fully charged so you can always get hold of them. Always agreeing the time they will be home. Make sure you and they agree what happens if they've 'forgotten' or are late – no pocket money for a week? Not allowed out next weekend? Washing up? Make sure you're fair.

## Make sure you're aware of the facts and laws around alcohol

It's really important that you know what you're talking about – You can download our advice booklet with everything you need to know here: [www.alcoholeducationtrust.org/Pages/Parents/parenthome.html](http://www.alcoholeducationtrust.org/Pages/Parents/parenthome.html)

**Talking To Kids About Alcohol**  
A guide for parents and carers

alcohol.educationtrust.org

**How many units in a drink?**

1 = 1 small bottle (10%) of low strength (10%) ale/lager  
1 pint of strong (40%) light beer or cider  
1 large measure of spirit (40%)  
1 standard measure of spirit (40%)

2 = 1 standard glass (175ml) of beer or cider (40%)  
1 pint of strong (40%) light beer or cider  
1 large measure of spirit (40%)  
1 standard measure of spirit (40%)

3 = 1 large measure (250ml) of low strength (10%) ale/lager  
1 large glass (250ml) of strong (40%) light beer or cider  
1 large measure of spirit (40%)  
1 standard measure of spirit (40%)

4 = 1 large bottle (750ml) of low strength (10%) ale/lager  
1 large bottle (750ml) of strong (40%) light beer or cider  
1.5 litres of RTD for women  
1.8 litres of RTD for men

**CHECK THE LABEL:** Most drinks tell you how many units are in them.

**Never your drink:** Units of alcohol per 100ml glass

**The UK Chief Medical Officers recommend:** that adults do not regularly exceed:

2 units a day for women  
3 units a day for men

**The law and underage drinking**

It is important to be aware of guidelines, laws and the law around alcohol for the UK.

**Drinking and driving**

It's against the law to drive with more than 35mg of alcohol in your blood per 100ml of blood. If you break the law, you face a fine of up to £5,000, six months in prison and having your licence taken away for at least a year. Causing death through drink driving can result in a maximum prison sentence of 14 years or in the case of death by dangerous driving, a life sentence.

**Buying alcohol for those under 18**

It is illegal for anyone over 18 to buy alcohol for anyone under the legal drinking age (18 for men and 16 for women or under 18 if you are under 18, it is illegal to buy alcohol for those under 18). It is also illegal to buy alcohol for anyone under the legal drinking age (18 for men and 16 for women or under 18 if you are under 18, it is illegal to buy alcohol for those under 18). It is also illegal to buy alcohol for anyone under the legal drinking age (18 for men and 16 for women or under 18 if you are under 18, it is illegal to buy alcohol for those under 18).

## It's Alcohol Awareness Week, 17th – 23rd November

For the first time we've been asking schools and those who've benefitted from our programmes to help us raise some money this November. Hundreds of amazing people from around the UK are staying off the booze this November to help us raise money to achieve match funding from The Childhood Trust through The Big Give Christmas Challenge. Please like our facebook page [www.facebook.com/dryvember](http://www.facebook.com/dryvember) and engage with us on twitter via **#dryvember**.

All you need is to text DRY (followed by the amount you wish to donate e.g. £5 or £10) to 70660, or you can give via mydonate here: [www.alcoholeducationtrust.org/dryvember/donate/](http://www.alcoholeducationtrust.org/dryvember/donate/)



## Things you might find useful

### Special educational needs advice for parents and carers

The SEND reforms introduced by the Children and Families Act (2014) focus on two key themes: greater cooperation between education, health and social care and a greater focus on the outcomes which will make a real difference to how a child or young person lives their life. The reforms implement a holistic approach to supporting children and young people with SEND in all aspects of their life.

[www.gov.uk/government/publications/send-guide-for-parents-and-carers](http://www.gov.uk/government/publications/send-guide-for-parents-and-carers)



Department  
for Education



### Parents told not to snoop on children

In its new report *Managing Self-harm in Young People*, the Royal College of Psychiatrists calls for young people who self-harm to be treated with compassion, dignity and respect. It urges health workers to undertake "an assessment of a young person's digital life" when there are concerns about a child's mental health but it warns parents that snooping on children could make things worse by making them feel that they aren't trusted. The guidance also suggests that parents should be positive about exploring the online world, or risk young people not telling them when they encounter bullying or disturbing images.

[www.rcpsych.ac.uk/usefulresources/publications/collegereports/cr/cr192.aspx](http://www.rcpsych.ac.uk/usefulresources/publications/collegereports/cr/cr192.aspx)

### Children's online behaviour: issues of risk and trust

This report presents the findings of research with children and young people aged 8 to 17 that examined whether children understand the issues and risks around their own personal data and wider activity online and what, if any, strategies they employ to manage these issues and risks. It also investigated how children decide which external information sources to trust online, and what authentication approaches they use. It showed that children and young people were very worried about cyberbullying and knew what it was.

[stakeholders.ofcom.org.uk/binaries/research/research-publications/childrens/report.pdf](http://stakeholders.ofcom.org.uk/binaries/research/research-publications/childrens/report.pdf)



For further information on any of the above please contact

Helena Conibear, Founder, Director

[helena@alcoholeducationtrust.org](mailto:helena@alcoholeducationtrust.org)

Sandra Saint, Parent Outreach Coordinator

[sandra@alcoholeducationtrust.org](mailto:sandra@alcoholeducationtrust.org)

Kate Hooper, Schools Coordinator

[kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org)

Follow us on



### Trustees

Gordon Redley BEd (Cantab) - Victoria Mc Donough MA (Hons), PGCE

Mark Richardson BA (Hons), PGCE

Patricia Garven, Cert Ed. - Dr John Lloyd

**The Alcohol Education Trust**  
**Frampton House, Frampton,**  
**Dorset, DT2 9NH**

Telephone 01300 320 869

Registered Charity Number 1138775