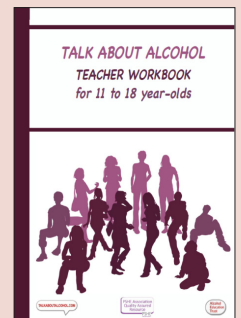


It's nearly half term already and for those of us with kids doing GCSEs, AS or A levels – or SATs for that matter, it's been 'heads down' and bribing or nagging them to REVISE!

For those of you with older teenagers, who may be planning to head off to their first festival this summer, or on holiday without you, our next newsletter will feature advice about these two issues, so that you can be prepared!



We are extremely proud that currently we are able to supply our teacher work book and key resources free of charge across the country. We hope this will continue, but it would not be possible without the wonderful charities and foundations who support our work. The St James's Place Foundation are the most recent Trust to support us – Thank you!



If you would like to be involved with the Trust as a volunteer, to join our advisory group or to help us in your locality with community fundraising, please email [kate@alcoholeducationtrust.org](mailto:kate@alcoholeducationtrust.org). This year we're working hard to raise funds to completely overhaul our pupil facing website [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com) It's a big project and we need to raise £30,000! If you have any ideas, please do get in touch.

## Getting that awkward conversation going!

If your teen is going to a prom or house party, for example and you're not sure how to start a conversation about alcohol, then watching a film clip together can be a great way to start a more natural conversation. You can look at a range of films via

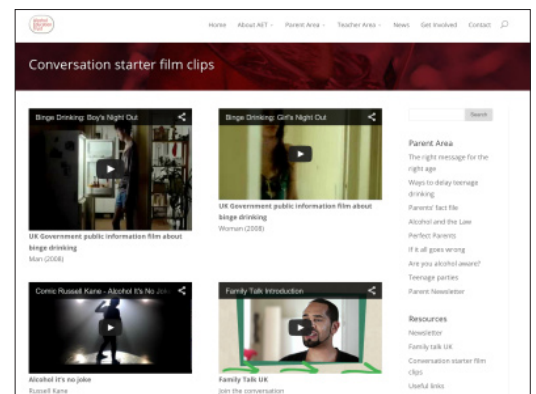
[www.alcoholeducationtrust.org/parent-area/conversation-starter-film-clips/](http://www.alcoholeducationtrust.org/parent-area/conversation-starter-film-clips/)

As parents, we usually end up having 'the conversation' once something unfortunate has happened and it's too late!

Age 13–14 is a great time to have a first chat about alcohol and also the temptation to try other risky behaviours. We've found a new film clip that your youngsters might want to watch. It features Thatcher Joe and Caspar talking about why it's fine to say no and to be confident in yourself. The site has lots of other information on teenage issues that is worth exploring. Take a look via [riseabove.org.uk/article/thatcher-joe-on-smoking-drinking-drugs/](http://riseabove.org.uk/article/thatcher-joe-on-smoking-drinking-drugs/)

You'll find good advice on tailoring the right message for the right age group and adjusting your approach, the boundaries you set and the advice you give at

[www.alcoholeducationtrust.org/parent-area/the-right-message-for-the-right-age/](http://www.alcoholeducationtrust.org/parent-area/the-right-message-for-the-right-age/)



## Can I let my teenager drink at home with my supervision?

This is one of the greatest issues we face as parents – When might it be appropriate to let our teens have a little alcohol? How much at what age?

There is a good discussion piece in The Guardian that you might like to read: [www.theguardian.com/lifeandstyle/2015/apr/05/should-i-let-my-children-try-alcohol](http://www.theguardian.com/lifeandstyle/2015/apr/05/should-i-let-my-children-try-alcohol) and you can find lots of tips and advice via [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org)



## Links between media that glamorises drinking and kids' behaviour

No surprise, but the more our teenagers watch films and series that glamorise or trivialise drinking, the more likely they are to binge drink and get drunk themselves, according to a study from the University of Bristol. It's often very difficult to monitor what our kids watch, especially on their own devices and at friends' houses – but it's worth doing what you can to ensure phones and tablets have filters. Barring adult/inappropriate content is a great place to start.

### Alcohol use in films and adolescent alcohol use



A study investigated whether exposure to alcohol use in films was associated with early alcohol use, binge drinking, and alcohol-related problems in 5,163 15-year-olds from the Avon Longitudinal Study of Parents and Children in the UK.

The study's findings were adjusted for early childhood social, family and behavioural factors, adolescent tobacco use, and peer drinking. After adjustment, adolescents with the highest exposure to alcohol use in films were 1.2 times more likely to have tried alcohol compared with those least exposed

and 1.7 times more likely to binge drink. They were 2.4 times more likely to drink weekly and twice as likely to have alcohol-related problems than those least exposed.

The study authors argue that a review of film-rating categories and alcohol ratings for all films may help reduce problem-related alcohol consumption in young people.

(Source: Alcohol use in films and adolescent alcohol use Waylen A; Leary S; Ness A; Sargent J. Pediatrics, published early online 13 April 2015).

AET resources comprise of [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org) and [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com), a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

For further information on any of the above please contact

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