

We've had such a busy month here at The Alcohol Education Trust. We've just celebrated our 5th Birthday in November! We were established as a charity in November 2010 with a grant of £15,000 to cover a part time administrator and our printed resources. 5 years later we have 8 part time staff supporting schools and parents across the whole of England; we've supported over 2000 schools and organisations such

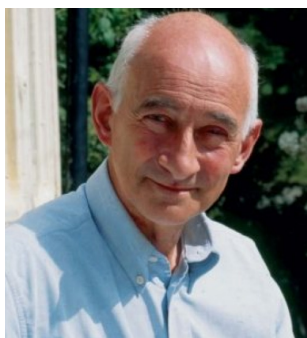


Trustees and staff at 5th Birthday AGM

as youth clubs and sports clubs with over 3000 workbooks; we have over 170,000 visits a year to our websites too. Do visit the parent area via www.alcoholeducationtrust.org/parents.

Doing the maths, we reckon our TalkAbout Alcohol programme is taught to over half a million children each year – from Ayr to Penzance – and at a cost of less than 30p a child! We are proud to have been able to keep our Talk About Alcohol programme completely free for schools and are very excited about being a finalist (in the top 20 out of 400 entrants) for a very prestigious award that we will know about in January!

Call My Lot with Paul Atterbury of The Antiques Road Show



We held our first big community fund raising event on the 1st October at Dukes Auction House in Dorchester as part of The Dorchester Literary Festival. This year we were the festival's chosen charity. The event was a complete sell out and over 150 guests enjoyed hearing Paul and two other auctioneers talk about a painting, a quilt and a religious icon – but only one was telling the truth each time! The fun evening raised over £4,000 for the Alcohol Education Trust and we are deeply grateful both to The Literary Festival, to Dukes and to the generous sponsors of the evening!

Please do consider making us one of your charities of the year, or raising money on our behalf by holding a cake or book sale, running a marathon, a coffee morning or whatever - This will help us continue to keep our resources free for schools, youth clubs, other charities and sports clubs. Please send julie@alcoholeducationtrust.org an email if you'd like to volunteer, have an idea, or would like to be involved in helping keep young people safe around alcohol.

Preparing for Christmas

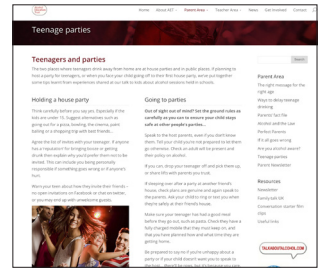
Well, we're over half way through the longest term. The days couldn't be much shorter and we're all beginning to plan for Christmas! It's a time for family gatherings and parties, panic about Christmas presents and everything being ready on time!

Family parties are a time to watch out for - where you leave the Baileys or sherry if you've got a mix of ages coming over to share a few drinks! It's always a good idea to have an adult supervising the drinks, or have them in view rather than tucked away in the kitchen out of sight, or it could be a bit too tempting for your teen to sneak a beer or two or a bottle of something while you are busy looking after your guests. Remember too to provide lots of interesting soft and lower alcohol drinks and some non salty things to eat ... we've got some ideas for parties on our website via www.alcoholeducationtrust.org/parent-area/perfect-parents/ or in our information guide which you can download [here](#).



We have advice too on letting your teenager have a party at home (our advice is try and avoid it until age 16 if you can) – Take them and their friends out for a pizza, bowling, to the cinema, paint balling or another treat if you can! We have some great tips on what to do if your teenager is invited to a party too.

www.alcoholeducationtrust.org/parent-area/teenage-parties/



Going to parties - Out of sight out of mind?

Set the ground rules as carefully as you can to ensure your child stays safe at other people's parties...

- Speak to the host parents, even if you don't know them. Tell your child you're not prepared to let them go otherwise. Check an adult will be present and their policy on alcohol.
- If you can, drop your teenager off and pick them up, or share lifts with parents you trust.
- If sleeping over after a party at another friends house, check plans are genuine and again speak to the parents. Ask your child to ring or text you when they're safely at their friends house.
- Make sure your teenager has had a good meal before they go out.
- Check they have a fully charged mobile that they must keep on, and that you have planned how and what time they are getting home.
- Be prepared to say no if you're unhappy about a party or if your child doesn't want you to speak to the host.. there'll be rows, but it's because you care, not because you are being a killjoy.
- Don't feel pressured by younger teens to provide them with alcohol to take with them to parties... or threaten you that they'll ask their mates to buy it for them instead (explain they risk their friend being fined or charged).
- If your teen breaks your agreement, such as what time to be home, then make sure you carry through your threats, such as grounding them.

Holding a house party

- Think carefully before you say yes. Especially if the kids are under 15.
- Agree the list of invites with your teenager.
- Warn you teen about how they invite their friends –no open invitations on face book or chat on twitter.
- Agree the house rules and put your teen in charge.
- You might have to stay out of sight for you kids street cred., but stick around.
- Provide plenty of food – not salty snacks, but carbs.
- Teenagers do sneak in alcohol in water bottles, mixed with soft drinks etc, so be prepared and work out how you'll handle this.
- Have loads of soft drinks and iced water available.
- If anyone is sick or ill, contact their parents and never leave them unattended.
- Try and avoid big sleepovers, as the kids won't get much sleep (or you probably) and you won't know what's going on once you're in bed!
- Finally, make sure you've warned your neighbours and have a reasonable finish time, allowing parents to pick up and get to bed too!
- If it goes well, don't forget to tell your teen how proud you are of them and their mates.

Want a parent talk to be held in your school, youth club, community centre or club?

One of three pillars of our work here at the AET, together with training teachers and providing engaging evidence based, fun activities to keep kids safe around alcohol – is to empower parents and carers in feeling confident talking to their kids about alcohol.

Why not try and organise a session for next year? The sessions are non preachy and engaging, giving you hints and tips on how to avoid conflict with your kids, keep the dialogue open and avoid some of the common pitfalls around teenage experimentation and risk taking with alcohol. Email kate@alcoholeducationtrust.org if so!

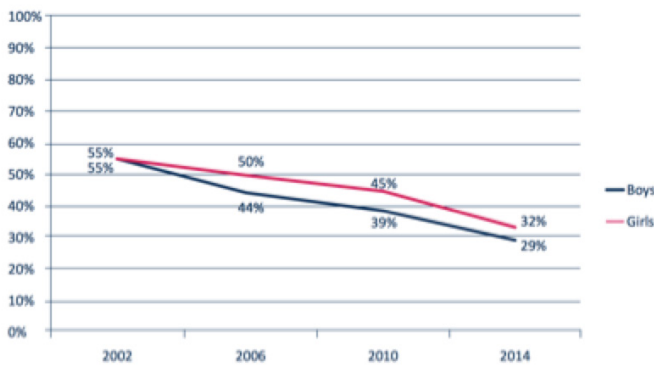
Health behaviours of school age children

We've got some great new stats on how underage drinking is declining across the UK – underage drinking has more than halved over the last decade – and drinking to drunkenness is falling too. The last time the Health Behaviour of School Children Study was published, 40% of 15 year olds had been drunk at least twice, now this has fallen to a third! To read a synopsis of the findings, click [here](#)

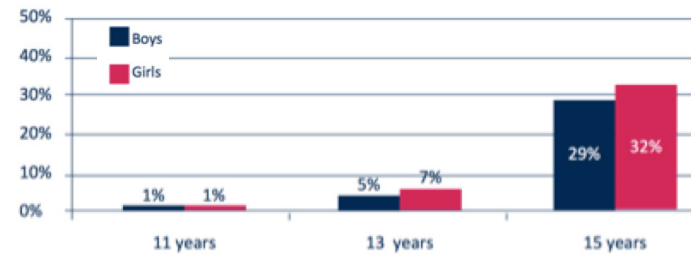
Part of the decline is thought to be because it is much harder for our kids to buy alcohol themselves (less than 5% even try), meaning parents and family members are the key suppliers of alcohol to teenagers – so it's now the norm for 11-15 year olds not to drink alcohol – they prefer to wait until they are older (62% of 11-15 year olds say they haven't even tried alcohol).

www.alcoholeducationtrust.org/wp-content/uploads/2015/11/HBSC2015.pdf

15 year old young people who have been drunk two or more times by gender 2002-2014



Young people who have been drunk two or more times (consumed alcohol to excess)



Parent Engagement project in Halton

The AET have trialled a new approach with a group called Social Sense who run a programme called RU Different? in schools to make young people aware that most young people don't smoke, get drunk or try drugs - We engaged with 9 schools across Halton to involve parents in a fun questionnaire about how many children in their school they thought were drinking and who supplied them with alcohol!

We did this as the research shows that children in year 9 form their drinking habits largely based on the behaviours of parents and carers and the house rules we set them – and whether we stick to them too!

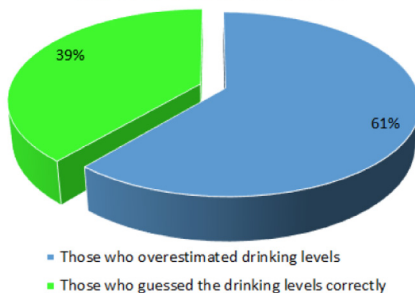
Often the problem for parents/guardians is the lack of knowledge of where to set boundaries, or how to begin conversations about alcohol with their children. We often base our expectations on 'what we were doing at that age', when in fact, underage drinking has halved over the past 20 years. Some of us are too laid back and others too strict - which can lead to unsupervised risky drinking – what we need is 'tough love'!

Piloted in 9 schools across Halton, we combined the latest technology with traditional emails and newsletters, to tempt parents to test their perceptions through five questions!

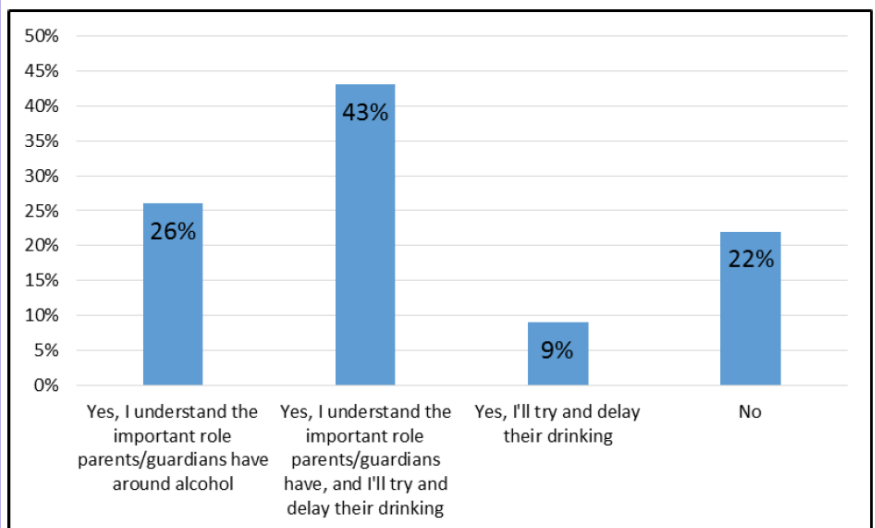
Most encouraging of all is that 78% of parents/guardians said they will now change the way they talk to their children about alcohol!

www.alcoholeducationtrust.org/wp-content/uploads/2015/11/Parent-Engagement-Project-Halton-Final-Report-v3.0-July-2015.pdf

Parents' perception of how many year 9s said that they rarely or never drink alcohol?



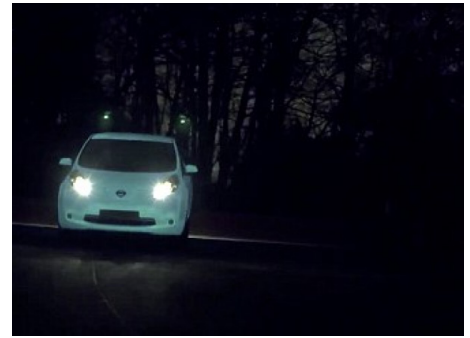
3.6 PARENT QUIZ QUESTIONS - QUESTION 6 - AFTER ANSWERING THE QUESTIONS WILL IT CHANGE HOW YOU TALK ABOUT ALCOHOL TO YOUR KIDS? WHAT THE PARENTS SAID



Watch those dark nights

Do you have the worry of your teenager learning to drive, or having just passed their test? If the dark nights and black ice aren't enough to worry about, lifts to and from parties with friends driving, if they're not driving themselves, are such a worry.

You can download a fact sheet to discuss with them [here](#). But where possible, do arrange for them to get home by taxi or public transport, or collect them yourselves if you can. It's also important to remember if anyone's been drinking the night before and are planning to drive the next morning, that it takes an hour for your body to break down each unit of alcohol (that's half a pint of beer, one shot or roughly half a small glass of wine) - So if they stopped drinking at midnight and plan to drive the next morning, they could easily be over the limit. There's a fun 'clock' you can suggest they have a go on at morning-after.org.uk



AET resources comprise of www.alcoholeducationtrust.org and 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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