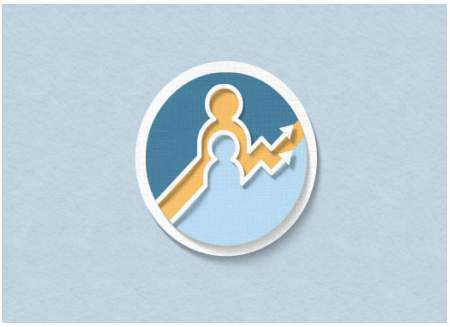
Positive Choices
Drug and Alcohol Information
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Factsheet

Parenting strategies: Preventing adolescent alcohol misuse



Evidence ratings:

This resource has undergone expert review. See our Help/Q&A section for more details.

Year:

Targeted Drugs: Alcohol

Tags: parties, adolescent parties, unsupervised drinking, rules, parent education, parent-adolescent communication

Origin: Australian

Cost:
Free

Available

These guidelines are available to download via the Parenting Strategies website.

Access 'Parenting Guidelines for Adolescent Alcohol Use'

Developers

The guidelines and parenting program were developed by Orygen Youth Health Research Centre (University of Melbourne), Turning Point Alcohol and Drug Centre (Monash University and Eastern Health), and the Australian Drug Foundation, with funding from VicHealth.

Format

This resource includes:

1. Comprehensive parenting guidelines for adolescent alcohol use.
2. A web-based parenting program called Partners in Parenting PLUS (PiP+). Click here to find out more about the parenting program.

Summary

This resource was developed to help parents prevent or reduce their adolescent child's alcohol use in accordance with the *NHMRC Australian Guidelines to Reduce Risks from Drinking Alcohol* (2009).

The parenting guidelines are available in electronic form or can be downloaded as a PDF file. The guidelines cover:

- Risks associated with drinking, and recommended Australian guidelines
- Talking about alcohol and establishing expectations and rules
- Monitoring and supervision
- Fostering a positive relationship
- Adolescent parties
- Dealing with alcohol problems.

Benefits

- Parents learn about changes they can make to positively influence their adolescent and protect against alcohol misuse.

Evidence Base

The parenting guidelines that form the basis of this program were developed following systematic review of research evidence and advice of a panel of 32 Australian experts. Details of the methodology for developing the guidelines can be found in:

Ryan et al. (2011). Parenting to reduce adolescent alcohol consumption: A Delphi consensus study. *BMC Public Health, 11*, 13.

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