Positive Choices
Drug and Alcohol Information
Get informed, stay smart, stay safe

Video

Parents & Teenagers Talk About Alcohol Use



Evidence ratings:

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

Year: Year 7–8, Year 9–10, Year 11–12

Targeted Drugs: Alcohol

Tags: Binge drinking, Rule breaking, Communication, Police, motivating conversations, rolling with resistance, Change talk

Origin: Australian

Cost:
Free

Available

This video is available via the Raising Children website.

Watch 'Parents & Teenagers Talk About Alcohol Use'

Developers

Raising Children Network; Youth Health and Wellbeing Team, NSW Kids and Families, NSW Health.

Summary

In this video a 16-year-old boy is brought home intoxicated by the police. His parents are glad he's home safely, but they want to talk to him about his behaviour and decide on appropriate consequences. Actors demonstrate how parents can work together to address problematic behaviour. At various points throughout the video, an adolescent physician outlines the positive strategies used by the parents and this serves to signpost helpful behaviours. The video has good production quality and addresses realistic themes, such as how recovery and progress is possible after the argument gets heated.

Expected Benefits

- Knowledge of effective communication skills.

Evidence Base

Expert review*:

This video was developed to assist parents in navigating difficult conversations about drug and/or alcohol use. The video was developed in collaboration with the Youth & Wellbeing team at the NSW Health Department. The team seeks input from government and non-government agencies, youth health experts and young people. A key area of their work is to promote evidence-based approaches to youth health. The video's scenario is realistic as the parents are worried about their son but also frustrated by his behaviour. The commentary of adolescent physician Dr Anthony Zehetner helps to dissect the scenario in stages and emphasises the effective strategies displayed by the parents. For example, they wait until the morning to speak with Tom about the night's events rather than attempting to address the issue while he is intoxicated, and they involve Tom in the process of deciding how to move forward after this significant event. We encourage parents to use these resources in combination with more detailed parenting programs or guidelines (see related resources), and make use of national phone services to obtain additional support and advice (see**Where to get help**).

*Review provided by researchers at the Matilda Centre for Research in Mental Health and Substance Use at the University of Sydney.

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