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

Webinar

Webinar: Parenting, teens, and alcohol



Evidence ratings:

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

Year:

Targeted Drugs: Alcohol, Drugs (General)

Tags: Parenting, Parental Supply, Role-modelling, Sip of Alcohol

Origin: Australian

Cost:
Free

Developers

Dr Jacqueline Bowden, Deputy Director SAHMRI Health Policy Centre.
Associate Professor Cath Chapman and **Associate Professor Tim Slade**, The Matilda Centre for Research in Mental Health and Substance use at the University of Sydney.

Available

25-minute **recording**, available on demand.

Summary

Parents often receive conflicting information about the best approaches when it comes to teenagers and alcohol. This session dispels a number of myths surrounding the topic, and provides practical tips to parents for preventing alcohol use and reducing alcohol-related harms among teenagers.

The session was initially premiered on the Positive Choice Facebook page as a 2-part video series. It is for parents, carers and others who are looking for information on how to navigate the topic of alcohol with teens. The presenters cover a range of important topics including trends in teenage alcohol use, parental expectations and rule-setting, parental supply of alcohol, and parental role-modelling.

Expected Benefits

This webinar will provide:

- Information on how to prevent your teenager from drinking.
- A review of what the latest research says about the best approaches to prevent long-term harm from alcohol use.
- Practical tips for speaking to your teenager about alcohol.

Evidence Base

This session was developed by the *Positive Choices* team in collaboration with Dr Jacqueline Bowden from the SAHMRI Health Policy Centre, and A/Professor Cath Chapman and A/Professor Tim Slade from the Matilda Centre for Research in Mental Health and Substance Use, University of Sydney. It was informed by a review of research evidence on this topic.

Videos premiered on 12th and 13th October 2020.

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