



## 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

### Format

25-minute session **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.

### 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.

Page last reviewed: 19 October 2020. (Videos premiered on 12th and 13th October 2020).