



# TALKING TO YOUR CHILD ABOUT ALCOHOL

Advice and information



## TALK ABOUT ALCOHOL

As a parent, your most powerful tool is information – giving your child all the details they need to make an informed decision about alcohol.



## ADVICE TO HELP YOU

Tackling the issue of alcohol and setting ground rules about drinking can be one of parenting's biggest challenges. Evidence shows that meaningful conversations between parents and their children helps children develop a sensible relationship with alcohol. This e-leaflet has been developed to support you to get the facts on alcohol and offers advice on what you can do as a parent to help educate your child about alcohol.

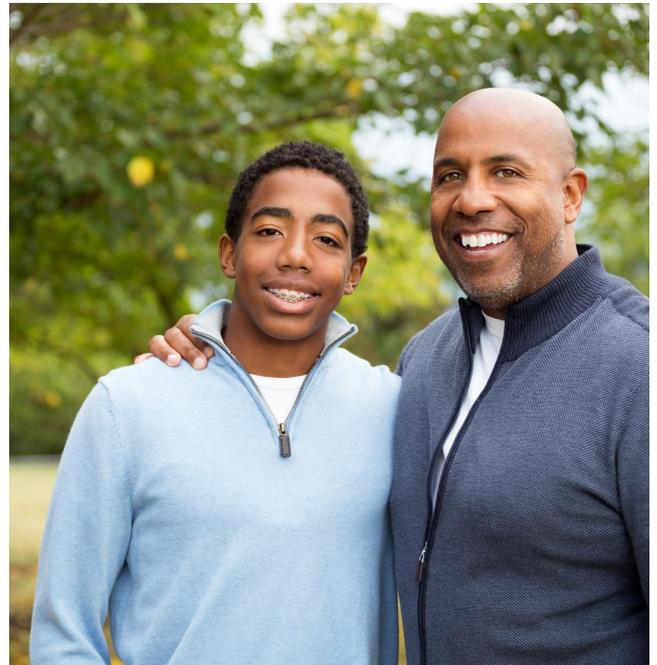


## AN ALCOHOL FREE CHILDHOOD

As parents, we're the first people children turn to for advice on alcohol. We have an important role to play in delaying the age at which our children have their first drink. Research shows that the younger a person is when they start drinking regularly, the greater their risk of alcohol-related problems later in life. The NHS recommends an alcohol-free childhood is the healthiest and best option.

## SHOULD I LET MY CHILD TRY ALCOHOL AT HOME?

The Chief Medical Officer has advised that if children drink alcohol, it should not be until at least the age of 15 years. If young people aged 15 to 17 years consume alcohol it should always be with the guidance of a parent or carer or in a supervised environment. Parents and young people should be aware that drinking, even at age 15 or older can be hazardous to health and that not drinking is the healthiest option for young people. If 15 to 17 year-olds do consume alcohol they should do so infrequently, on no more than one day a week and they should not drink more than the recommended alcohol units for adults.



## TOP TIPS

Talking openly can really help. It is important that they hear your views and that you hear theirs. Even if things go wrong, staying calm, listening and talking together can really help.

Encourage hobbies, sports, volunteering or social activities. Teenagers often cite boredom as a reason for drinking alcohol.

Establish ground rules and be clear about what is allowed and not allowed and the consequences of breaking the rules.



## KNOW ABOUT UNITS

For male and female adults, It is safest not to drink more than 14 units a week on a regular basis.

The alcohol unit guidelines are equivalent to six pints of average strength beer or seven 175ml glasses of average strength wine.

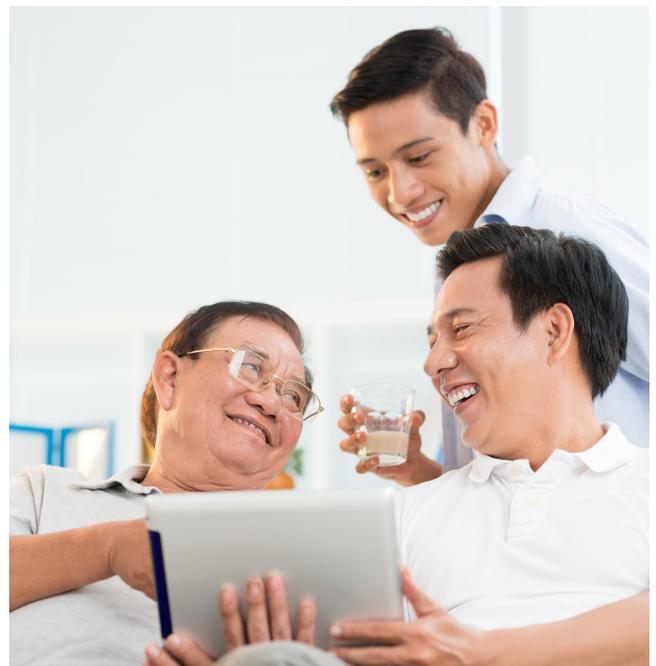
If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink-free days a week.

## WHERE CAN I FIND OUT MORE?

<https://www.drinkaware.co.uk/facts/alcoholic-drinks-and-units/latest-uk-alcohol-unit-guidance>

<https://www.drinkaware.co.uk/advice/underage-drinking>

<https://www.drinkaware.co.uk/advice/how-to-reduce-your-drinking/how-to-cut-down-on-alcohol-at-home>



## SOURCES OF SUPPORT

If you're worried about your own or someone else's drinking, please call Drinkline - the national alcohol helpline. You can call this free helpline in complete confidence. Call 0300 123 1110 (weekdays 9am to 8pm, weekends 11am to 4pm).

CGL Eclipse is a free and confidential drug and alcohol service for young people under 25 and families in Manchester. You can contact them on 0161 839 2054 from 9am to 5pm on weekdays or email [eclipsemanchester@cgl.org.uk](mailto:eclipsemanchester@cgl.org.uk).

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