

our story:

We invited parents & others to be involved:



They told us:

I didn't know there was no legal drinking age!!!

I would never talk to the other parents—I'd be too embarrassed.

I want my kid to learn to drink responsibly.

Alcohol is everywhere!

My kids told me everyone else let's their kids drink alcohol.



Together we made & pre-tested resources:

That's a really helpful checklist.

This info would be handy as a fridge magnet.

Cool website—it doesn't put you off, like "alcohol is bad"—it's more about learning.



This one's good cos it makes the law really clear!

I don't think I'd use this one but the others are all awesome.



We're sharing them on our new web-page, > on facebook & in other places .

THE PLAN Delay teen drinking. Make a plan & stick with it.

delay teen drinking

www.the-plan.nz



our rationale:

- Our culture normalises the use of alcohol.
- All parents need a PLAN around alcohol. This project is designed to help them create one.
- Alcohol is legally available, & many parents introduce their teens to alcohol in an effort to teach them to use alcohol responsibly.
- Research shows that the younger a person starts drinking alcohol, the more likely it is they will go on to drink harmfully. Currently more than a quarter of drinkers aged 15–17 say that they drank eight drinks or more the last time they drank alcohol. (HPA 2017)
- The annual cost of alcohol-related harm in New Zealand ranges from \$7.8 billion dollars (BERL, 2018) to \$16 billion (Law Commission, 2009).

We partnered with project supporters:

Schools — circulated resources to parents at ball season

help teens celebrate without alcohol

www.the-plan.nz

Quiz-masters — using our quizzes at local events.

GP clinics—displaying posters. Also available online for everyone to use.

TEENS & ALCOHOL How much do you know?

Try the 3 quizzes at www.the-plan.nz or scan these 3 QR codes

#1 Parents' quiz #2 Stats & more #3 Did you know?

"I did the quiz with my family and it really got us talking."

THE PLAN YOUTH & ALCOHOL IN NZ QUIZ

PTAs — supporting us to reach parents to start the conversation

Keeping Teens Safe Around Alcohol - What's Your Plan?

Topics will include:

- hosting teen parties -
- making a plan with your family -
- tips and tools to take away -

RSVP to waicolpta@gmail.com by 1st November

Waimea College PTA along with Health Action Trust and Public Health, invite all parents to a free evening about keeping teens safe around alcohol 6:30pm–8:00pm—Thursday 8 Nov 2018 in the Waimea College Library

This info has made it easy for me to talk about teenage drinking with my children.

I learnt about the law around hosting parties and teen drinking.

Good idea to make family rules early on.

Great to hear other parents' ideas.

Bottle-stores — giving our resources to parents

We're happy to share your resources with parents who we see shopping for their teens.

PROJECT TEAM: Hilary Genet, Carol McIntosh: Nelson Marlborough Public Health Service
 Rosey Duncan: Community Action on Youth & Drugs (CAYAD) Nelson (Health Action Trust)

Thanks to all others have been involved; those who helped initiate the project or were part of our team along the way, all the parents who have been attending parent meetings, community organisations and schools who have helped us reach parents, our Innovators, all the young people who completed surveys and those who helped facilitate the survey, the HPA for project funding, the license holders who have been sharing our resources, and everyone else who has played a part, either large or small.

References: Key Results Young People Aged 15–24 in Attitudes & Behaviours Towards Alcohol Survey (HPA 2017). Alcohol in our Lives (Law Commission NZ, 2009). Harm from alcohol – the economic cost. (Ganesh Nana, BERL, 2018)