



SMASHED

**ALCOHOL EDUCATION
TO EMPOWER
A GENERATION**

**PARENTS'
RESOURCE PACK**

**YOU'RE IN A UNIQUE POSITION
TO POSITIVELY INFLUENCE YOUR
TEENAGER'S ATTITUDE TO UNDERAGE
DRINKING AND THEIR RELATIONSHIP
WITH ALCOHOL ONCE THEY'RE OF
THE LEGAL DRINKING AGE.**

You can help them make informed decisions about alcohol, share the dangers associated with underage drinking and role model how alcohol can be enjoyed in moderation if they choose to drink once they're 18 and older.

EMPOWERING

YOUNG VOICES

FOR

POSITIVE

CHANGE

ALCOHOL & THE TEENAGE BRAIN

Your teen's brain will continue developing until their early 20s.

Critical areas that help them with learning, planning, emotional stability and memory are all still growing and forming. This means your teen is particularly vulnerable to long-term damage caused by underage drinking and the safest option for them is to abstain from drinking alcohol until they're at least 18.



**DID YOU KNOW DRINKING
ALCOHOL CAN DAMAGE
YOUR TEENAGER'S BRAIN
DEVELOPMENT?**

UNDERAGE DRINKING LAWS

We all know that in Australia it's illegal for anyone under 18 to buy or drink alcohol in licensed premises or public places.

In The ACT, a teenager can be fined up to \$800 for consuming or being in possession of alcohol.

Here are some of the other laws that you might not be as familiar with:

FAKE ID'S

If your teenager uses a fake ID to enter or buy alcohol from a licensed venue they may get a fine of up to \$800 or receive a caution.

ACCOMPANYING AND SUPERVISING MINORS IN LICENSED VENUES

If you supply alcohol to a teenager or another minor on licensed premises, you risk a maximum penalty of \$3,200.

SUPPLYING ALCOHOL TO A MINOR AT HOME OR ON UNLICENSED PREMISES

Harsh penalties can apply if you provide alcohol to a teenager or another minor at home or in another unlicensed premise and it's not consistent with the "responsible supervision of a minor" in the eyes of the law. The courts can impose fines of up to \$3,200.

Fines correct at time of publishing however they may increase. See the link below for more detail.


<https://www.police.act.gov.au/safety-and-security/alcohol-and-drugs/alcohol>



HOW IS RESPONSIBLE SUPERVISION OF A MINOR DEFINED?

Some of the facts taken under consideration by the courts in determining responsible supervision of a minor include:

- the child's age,
- whether the adult supervisor is intoxicated,
- whether the child ate food with the alcohol,
- whether the person supplying the alcohol is responsibly supervising the child's consumption of that alcohol,
- the quantity and type of alcohol, and
- the time period over which it's supplied.



ROLE MODEL HOW ALCOHOL CAN BE ENJOYED IN MODERATION BY THOSE WHO ARE 18 YEARS AND OLDER.

TIPS FOR TALKING TO YOUR TEENAGER ABOUT UNDERAGE DRINKING

- If you choose to drink, role model how alcohol can be enjoyed in moderation by those who are 18 years and older
- Talk to your teenager about how they can manage peer pressure, especially when it comes to alcohol, and help them have the confidence to say no
- Talk to your teenager about the reasons why you want them to abstain from underage drinking and some of the potential consequences including:
 - long-term damage to their still-developing brain
 - the risk that in today's always connected world, they may be more vulnerable to negative social media images or videos shared without their consent and that they have no control over
 - the harsh penalties and fines they risk if they're caught drinking underage

CONSEQUENCES OF UNDERAGE DRINKING

Stats show that a teenager who consumes alcohol is more likely than an adult to:

- Cause damage to their liver, heart, stomach and brain if they regularly drink alcohol
- Be a victim of a crime, including sexual and physical assault
- Be involved in an accident
- Consider self-harm
- Be involved in risky and anti-social behaviour
- Make poor decisions
- Pass out or choke on their own vomit
- Overdose, which can be fatal

DID YOU KNOW?

Your teen is more likely than adults to be involved in risky or anti-social behaviour if they consume alcohol

TIPS FOR RESPONDING TO YOUR TEENAGER'S TRICKIEST QUESTIONS

WHY DO YOU DRINK ALCOHOL?

I sometimes enjoy having a drink when I'm out for dinner or catching up with friends. It's about drinking responsibly, I know the dangers of drinking too much and I avoid that.

WHAT IF MY FRIENDS PRESSURE ME TO DRINK?

Peer pressure's tough, I remember how hard it can be especially when you want to fit in. I hope you'll feel comfortable enough to be honest with your friends, tell them you don't want to drink and you hope they'll respect your choice. Try and avoid situations where you think you might get pressured or suggest something else like going to the beach or seeing a movie.

IS DRINKING ALCOHOL DANGEROUS?

It can be, especially at your age. I worry that you could find yourself in a vulnerable situation where you could get hurt or suffer some other consequence that could impact you well into the future.

WHY CAN YOU DRINK, BUT I CAN'T? IT'S NOT FAIR.

It's not about fairness, there are plenty of things that aren't appropriate for teenagers for good reason, and drinking alcohol is one. It's illegal for you to drink and making a responsible decision about alcohol isn't something that most teenagers are ready for.



**DID YOU DRINK
WHEN YOU WERE
MY AGE?**

I did but looking back now I realise how risky it was. I was nowhere near mature enough to really understand some of the vulnerable positions I placed myself in. We know so much more about the dangers of teenagers drinking now and the long-term damage it can cause.



**MY FRIENDS HAVE ALL
TRIED ALCOHOL, SO
WHAT'S THE BIG DEAL?**

To me it's a big deal because I know you're too young and drinking at your age could put you in a bad situation and it's my job to keep you safe. I can't control what your friends do but I love you and want the best for you.

UNDERAGE DRINKING LAWS

The good news is that more and more teenagers are saying no to alcohol. The statistics below are from the most recent Australian Institute of Health and Welfare Survey (2016) for teenagers ages 12 – 17.

82%

DON'T DRINK ALCOHOL

Up from 72% in 2013

16.1

**THE AGE A YOUNG PERSON
FIRST TRIED ALCOHOL**

Up from 15.7 in 2013

THE USUAL SUPPLY OF ALCOHOL TO TEENAGERS

friend or acquaintance (42.7%)

parent (31.5%)

relative (12.3%)

MOST USUAL PLACES TEENAGERS CONSUME ALCOHOL

private parties (60.6%)

their own home (39.2%)

at a friend's house (38.3%)

at raves/dance parties (10.2%).

SMASHED

The Smashed Project is dedicated to breaking the culture of underage drinking around the world. Through creative education, we equip young people with the information, awareness and confidence to make responsible choices around alcohol.

Using theatre-in-education, the Smashed Project engages young people in a unique way, allowing them to explore the causes and consequences of underage drinking in a safe and motivational learning environment.



KEEP IN TOUCH

Thank you for having Smashed in school, and helping young people learn about underage drinking. We also hope Smashed has provided a unique, creative learning experience that enriches the curriculum. Please share your experience of Smashed with us and other educators too!

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