

HAVING THE ALCOHOL DISCUSSION SPECIAL REPORT

With the impending festive season and end of school celebrations, some teenagers may be feeling ready to party, wanting to put the disruptions, frustrations and disappointments of this past year, behind them.



To ensure our young people stay safe during this time, parents and carers are encouraged to have the alcohol discussion - no matter how difficult or overwhelming it may be. It is important to outline the rules and boundaries around age-appropriate alcohol Consumption and what the legal implications may be.

Young people are at greater risk of alcohol-related harm than adults because their brains continue to develop until their mid-twenties. The safest level of alcohol consumption for teenagers, is no alcohol at all, but this may be difficult to enforce and may not prevent them from experimenting. However, parents and carers can influence sensible drinking habits and help minimise the risks.

In this Special Report, a series of discussion points are offered to help make the conversation about alcohol consumption a little easier. We hope you take time to reflect on the information offered in this Special Report, and as always, we welcome your feedback.

If you do have any concerns about the wellbeing of your child, please contact the College for further information or seek medical or professional help.

Here is the link to your special report:

[SPECIAL REPORT - HAVING THE ALCOHOL DISCUSSION](#)