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A guide for parents and carers – You, Your Teenagers and Alcohol

The younger a person is when they start to drink alcohol regularly, the greater their risk of alcohol – related problems later in life, says a new guide for parents and carers.

You, Your Teenager and Alcohol – a brief guide for parents and carers was published by the Centre for Equality & Diversity on Thursday 27th November 2014 as part of the Calling Time Project funded by the Office of Public Health, Dudley.

The guide informs parents and carers on the impact of alcohol on the growing body and offers tips on how to talk to teenagers about drinking.

“Studies show that teenagers who start to drink before age 15 are five times more likely to have alcohol related problems later in life” the guide says. Therefore “parents can help delay the age of that first drink and the amount that is consumed”.

Mushtaq Hussain, Chair of CfED said

“The new guide spotlights the need for parents and others to pay attention to the risk of teenagers drinking. By talking to teenagers about the short term risks of heavy drinking parents can influence their teenager’s use of alcohol.”

“Heavy drinking in the teenage years can lead to impaired school performance, early sexual activity and other risky behaviours” Hussain said.

The guide is available online at www.cfed.org.uk or at all local libraries and Children’s centres across the Borough of Dudley.

For further information about the guide for parents contact Kenneth Rodney on 01384 456166 or kenneth.rodney@cfed.org.uk

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For further information and to arrange a photo shoot please contact Kenneth Rodney on 01384 456166 or email Kenneth.rodney@cfed.org.uk

---NOTES FOR EDITORS---

- (i) CfED is a company limited by guarantee (5745005) and a registered charity (1114821)
- (ii) An organisation at the heart of the Borough of Dudley and dedicated to:
 - (a) promoting the interest of all Black and Minority Ethnic communities
 - (b) building effective partnerships
 - (c) creating an environment in which all people in the Borough support equality and diversity, understand and appreciate the differences between individuals and communities.