

Supporting Aboriginal parents to deal with teenagers and grog

Information & Education
Mental Health & Drug & Alcohol Office

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Drug and alcohol communication

DON'T LET DRUGS USE YOU

HOME ECSTASY COCAINE HALLUCINOGENS METHAMPHETAMINE GHB GETTING HELP & INFORMATION



WHAT'S GOTTEN INTO YOU?
Do you really know what you've taken?

DON'T LET DRUGS USE YOU. FIND OUT MORE >

Get the facts on club drugs
SHOW ME INFO ABOUT
Ecstasy

Get more info from the Alcohol and Drug information service
Call **(02) 9361 8000** or **1800 422 599** (outside Sydney)

GETTING HELP & INFORMATION >

OR

DRUG SAFETY
FOR TEEN AGES

DRUG SAFETY
FOR TEEN AGES



CANNABIS CAN LEAVE YOU PERMANENTLY OUT OF IT

Frequent cannabis use can leave you out of touch with reality and health. It can also lead to psychological problems, memory loss, reduced creativity, depression, and schizophrenia. So if cannabis has become your only friend, there's free help and advice available or how to reduce or stop your cannabis use. visit www.permanentlyoutofit.com.au

NSW HEALTH

Call the free Drug and Alcohol Information Service on (02) 9361 8000 or 1800 422 599 (outside Sydney)

Needs assessment



- 264 deaths and 10,000 hospitalisations of 15-24 Australians per year
- 60% of Aboriginal 16 - 24 years in NSW are risky drinkers
- By the age of 17 an Aboriginal person is two and a half times more likely to die an alcohol-related death.

Why parents?

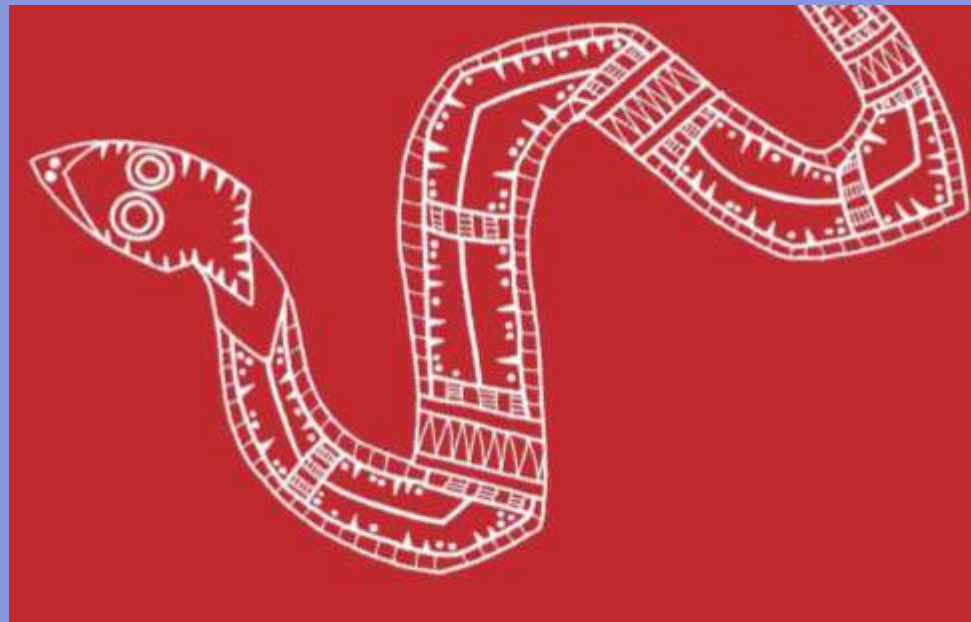


A suite of print resources for teenagers and parents



Targeted Aboriginal resources

- Aboriginal design
- Aboriginal scenarios
- appropriate language
- accessible format



Aboriginal parents' views



“Photos have real effects, real life and the touch of Aboriginal art brings in culture as well.”

Aboriginal teenagers & alcohol project

Aim

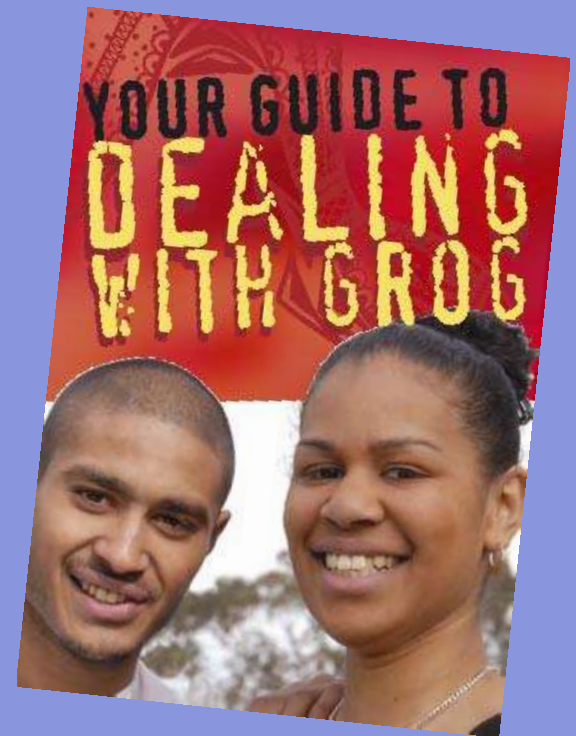
Raise the awareness of Aboriginal young people and their parents about the dangers of binge drinking.

Provide strategies for responsible drinking.



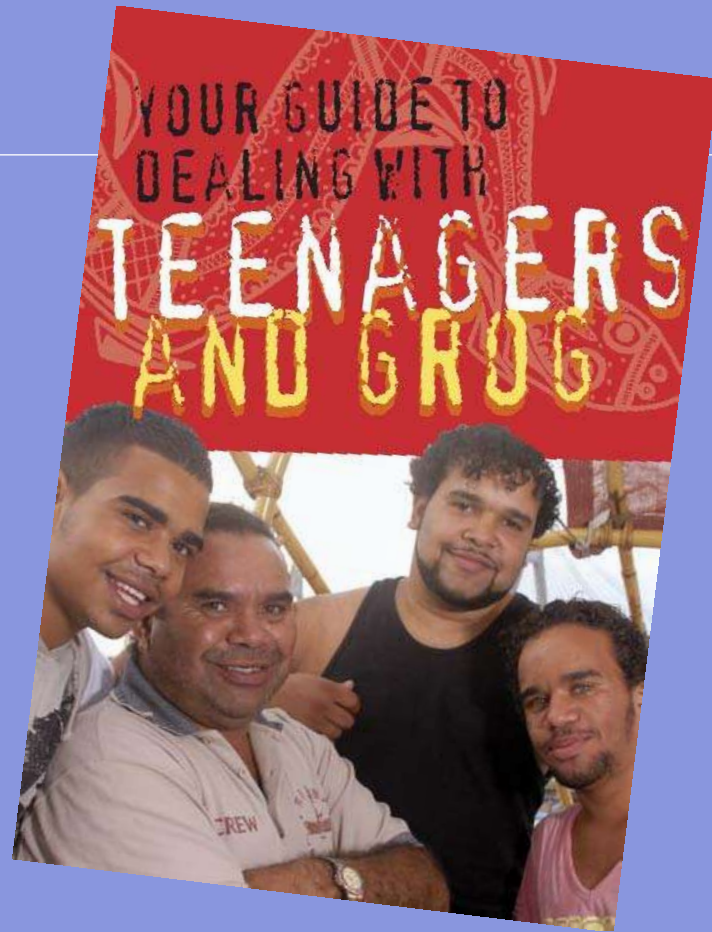
Key messages for teenagers

- you don't need alcohol to have a good time
- drinking to excess can have serious and dangerous consequences
- seek help if you see an alcohol related emergency



Key messages for parents

- Drinking alcohol can have serious impact on teenagers
- As a parent you can positively influence your teenager's attitude to alcohol

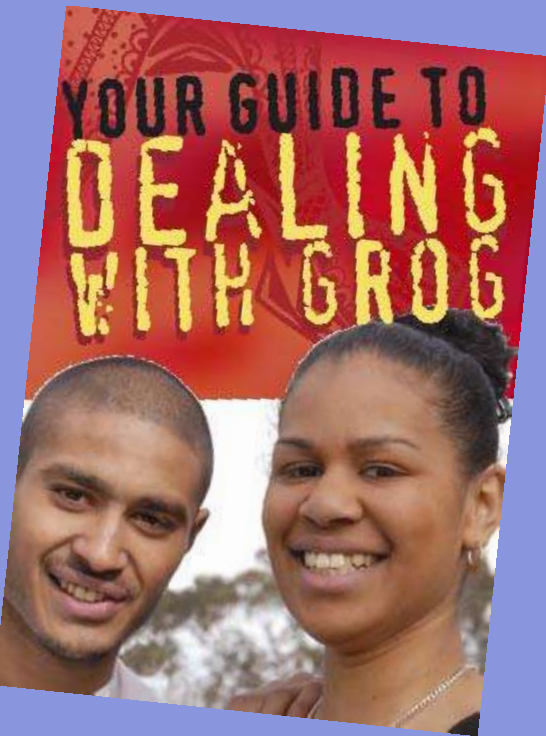


Advisory Group



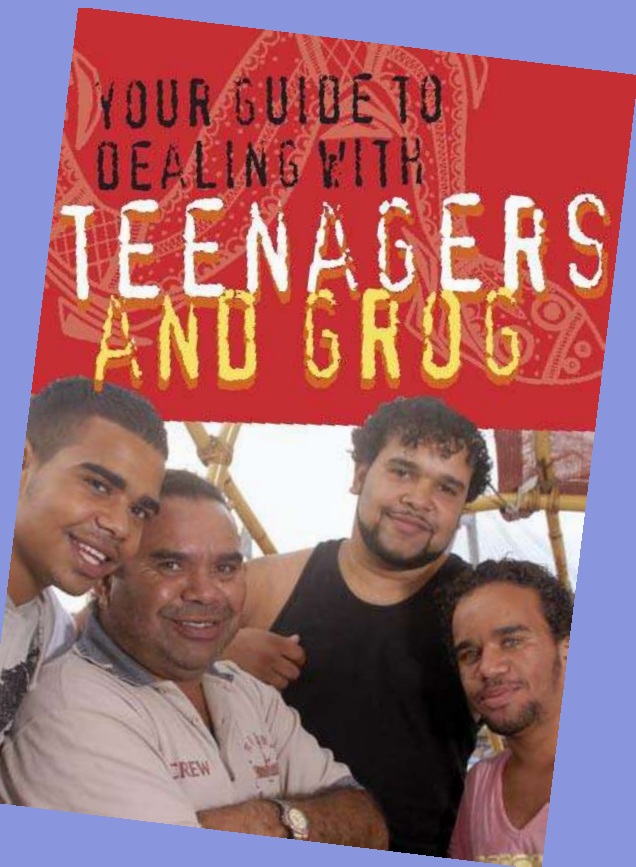
Aboriginal Drug and Alcohol Network - ADAN

Content



- Tips for a safer night
- You can have fun without alcohol
- Look after your mates
- How to recognise and respond to an alcohol related emergency
- Mixing grog with other drugs
- Getting help

Content for parents



- How grog affects teenagers
- How to talk to them about grog
- Being a good role model
- Setting limits
- Knowing the law

Research in development

- Teenagers in southern NSW
- Drug and Alcohol workers in Sydney
- Women and teenagers in western NSW

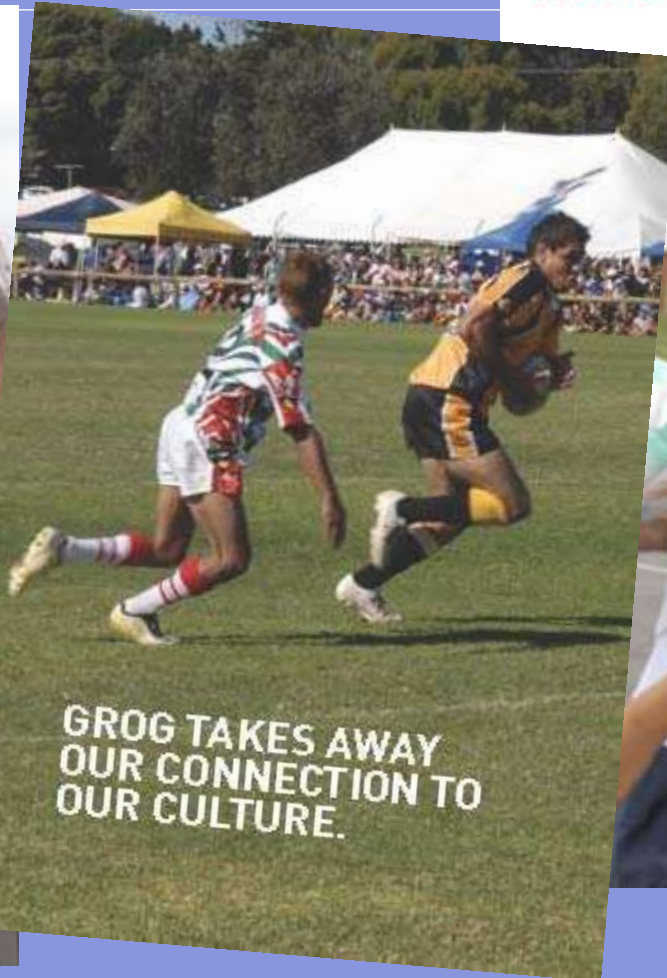


Aboriginal stories





Aboriginal photographers



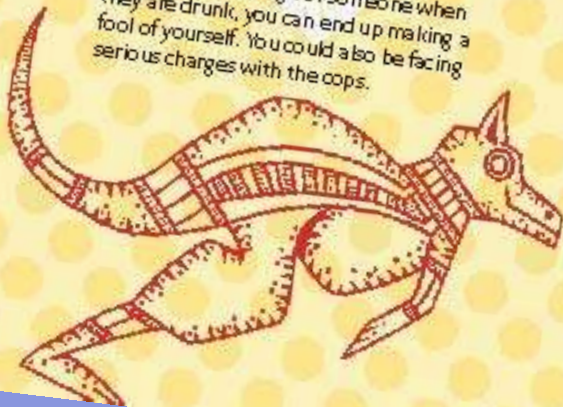
Aboriginal designs

HITTING ON SOMEONE WHO'S HAD TOO MUCH GROG

When you're drunk you can feel like you own the world. Suddenly that girl or guy you have the hots for seems to be 'available'. Don't count on it!

Just because they seem relaxed doesn't mean they are interested. **Never force yourself on to anyone.**

If you take advantage of someone when they are drunk, you can end up making a fool of yourself. You could also be facing serious charges with the cops.



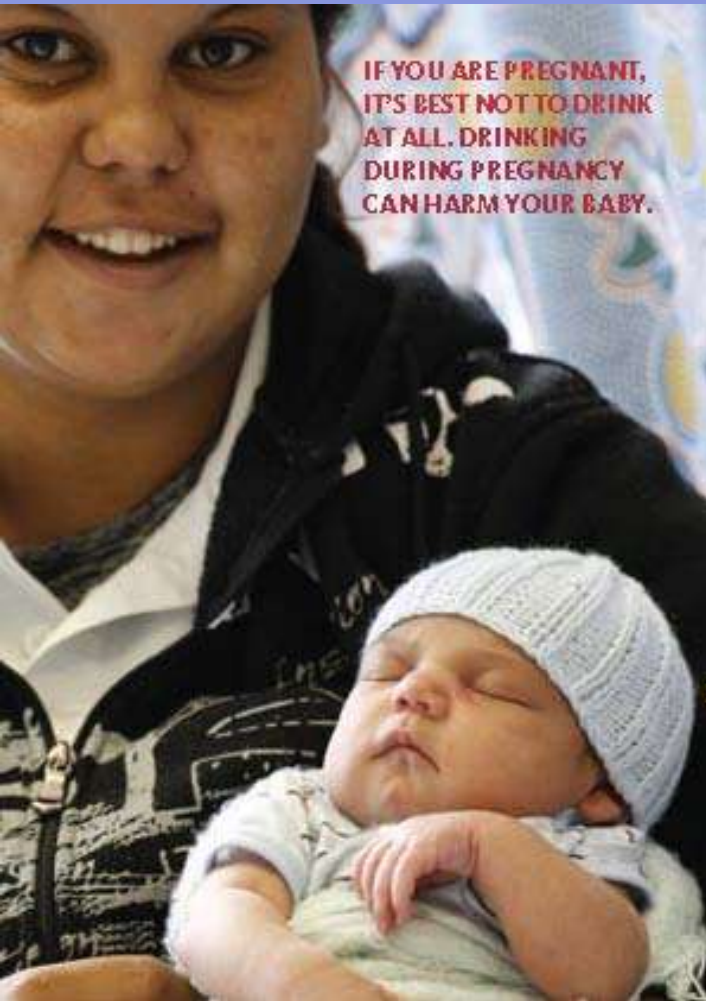
GROG

TO HAVE A GOOD TIME.

Drinking grog before you are 18 can **affect your brain** development. This can make it harder for you to learn and remember things and could affect your future.

Don't be too drunk to enjoy yourself.
Don't let grog get in the way!

Focus testing



- teenagers and parents
- in rural and metro locations

Distribution

- Aboriginal Medical Services
- NSW health D&A services
- Community Health Centres
- Police
- Community Drug Action teams



Evaluation

1. improve awareness of the dangers of binge drinking
2. increase knowledge of strategies to drink responsibly
3. improve recognition of an alcohol related emergency and increase their knowledge of emergency procedure.
4. increase parents' knowledge of teenage alcohol use and misuse
5. increase parents' knowledge of strategies to overcome barriers to influencing their children's behaviour in relation to alcohol

TEENAGERS response

- Look and feel
- Writing style
- *Our slang. It's not over the top its right...*
- Content – useful
- Positive and “true”



PARENTS response

- Look - clearly targeted to them
“I like how the pictures are ... I could see my kids in these pictures. It’s just like how they would be, how they hang out.”
- Style - positive tone
- Content - useful advice



Impact on attitude

encourage teenagers to “stop and think”, and to “do things a little differently”.

“ya know it’s bad to drink and be their role models”



STAKEHOLDERS response

- *“They’re great, modern, people in real situations, colourful and easy to read.”*
- *“I’ve been in health for 15 years and these are the best I’ve seen.”*
- *Resources need to be supported by a broader approach.*

What's next?



PHOTO: BEVERLY BERRY (LOCATION: SYDNEY, NSW) THE SYDNEY MORNING NEWS/GETTY IMAGES

PHOTO: JIMMY HANCOCK (SYDNEY)

**JUST BECAUSE YOUR MATES DRINK
DOESN'T MEAN YOU HAVE TO**

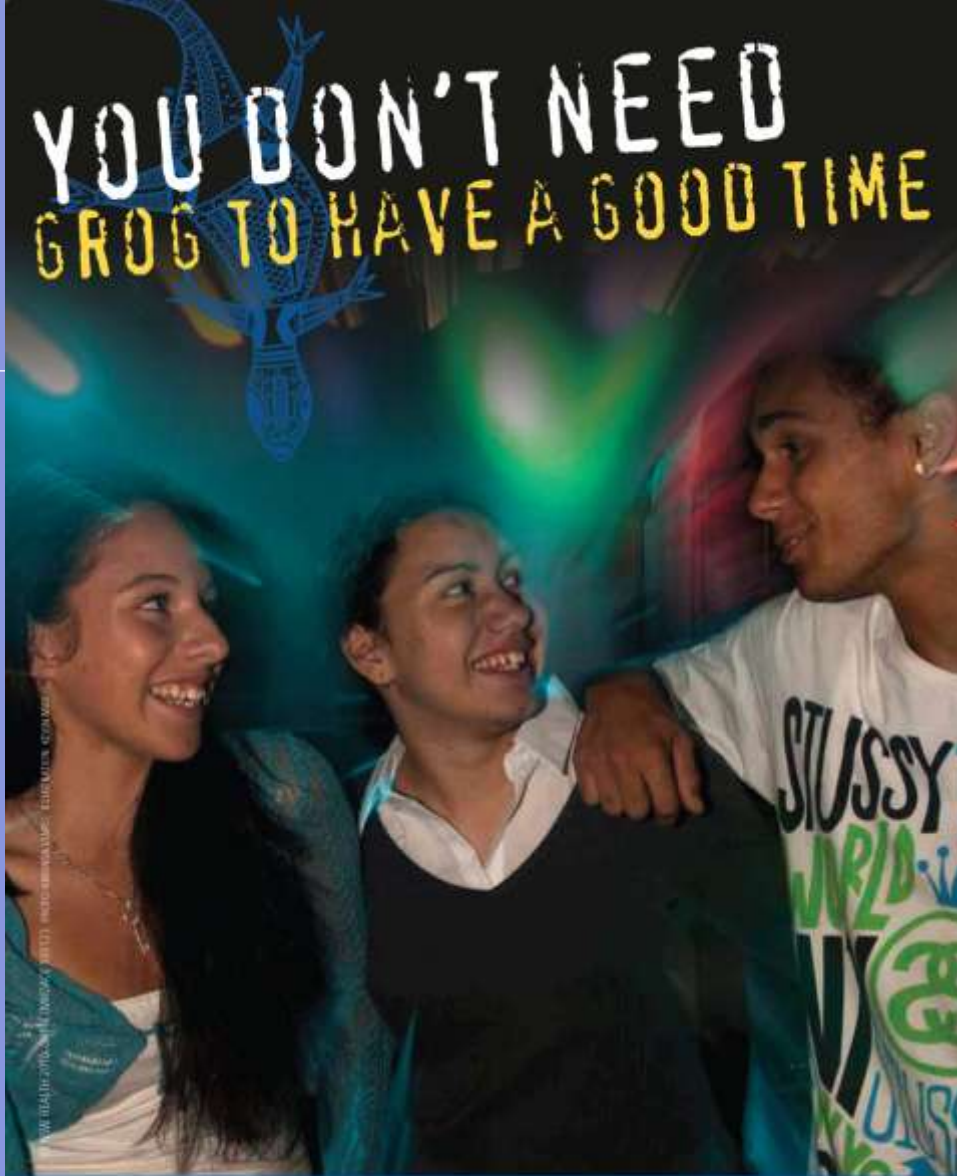
For more tips and free resources on dealing with grog go to:

www.yourroom.com.au
Click on the 'Campaigns and resources' button

Email: drugaction@doh.health.nsw.gov.au
Phone: (02) 9424 5946

NSW HEALTH

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These resources are available to download or order (in NSW) from

www.yourroom.com.au

Online

YOUR ROOM

search...

CLICK HERE TO CHOOSE A ROOM TO EXLPORE

CLICK HERE

HOME **HELPLINES** **WHERE TO GO** **A-Z OF DRUGS** **CAMPAIGNS + RESOURCES** **COMMUNITY ACTION** **WHAT'S NEW**

Welcome to Your Room, the place for drug + alcohol information

Your Room is a place for you to sit down, relax and discover useful information about drugs and alcohol in an interactive environment.

Wander from room to room and find out more about **certain drugs**, how they can affect you and how to get help for yourself or for anyone else who needs it. Play the **Spinner Game** to test your knowledge about drugs and alcohol and use the links above to **access help and support and treatment options**. Click on **Community Action** to find out how you can get involved in your local community to reduce the harms caused by drugs and alcohol.

It's Your Room. Make yourself at home.