

New Website Helps Parents Tackle Teen Drinking

A new interactive website that helps parents tackle adolescent alcohol use has been developed by the University of Melbourne's Orygen Youth Health Research Centre, Monash University and Eastern Health.

The website allows parents to access informative guidelines and complete an online survey that provides immediate and personalised feedback to help them confidently handle the issue of alcohol with their child.

Dr MarieYap from the University of Melbourne says parents need to have the right strategies when it comes to talking to their children about alcohol.

'Children are exposed to a lot of messages about alcohol so parents want to ensure that their children are getting the right messages...they can also correct any myths and misunderstandings that their kids would have very commonly held and picked up from messages around them.'

Parents who find the survey useful can also complete any of the 13 online interactive modules – guiding them through topics such as how alcohol can affect a young person's brain, how to host an adolescent party and how they can help their child deal with peer pressure.

The website, which was developed over a two year period, is based on extensive reviews of high quality resources and the opinions of 32 Australian experts in public health and related policy.

The researchers also interviewed young people to better understand how they think their parents should approach the topic of alcohol with them – to make the strategies as effective as possible.

Dr Yap says she hopes the website reminds parents that they have a significant influence on their child's decision to drink – and it's never too late to start talking to them about alcohol.

'Many parents of teenagers feel like "oh you know their friends have taken over"... but that's not true. Parents have the opportunities to communicate with their child about their concerns and about the appeal of alcohol and talk honestly about it, rather than just setting rules,' Dr Yap says.

Just click on the link below and click on the survey to begin.

<https://edugate.eduweb.vic.gov.au/newsevents/featstories/Pages/NewWebsiteHelpsParentsTackleTeenDrinking.aspx>

<http://www.parentingstrategies.net/home/>