

Social

No

ok!

yes

DISCUSSING THE DISCO!

A PARENTS GUIDE TO PROTECTING YOUR TEENAGER ON A NIGHT OUT

maybe!



The most sensible child can be made vulnerable as a result of alcohol and other illegal substances...

FORÓIGE MONAGHAN
086 0209181

DOCTOR ON CALL
1850 777 911

YOUTH WORK IRELAND MONAGHAN
042 9751979

EMERGENCY SERVICES
999 / 112
GARDA STATION
047 77200



USEFUL CONTACT INFORMATION

CHILD AND FAMILY AGENCY
047 30426

WWW.SPUNOUT.IE
WWW.DRINKAWARE.IE

SOSAD Save Our Sons & Daughters
042 9668992

ISPCC Parent Line
01 6767960

MONAGHAN DRUG AND ALCOHOL SERVICE
047 75528

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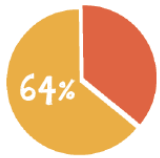
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Here are some tips to keep your teenager safe!

RECENT RESEARCH ON 13-17 YEAR OLDS REPORTED

Source: www.alcoholireland.ie



64% OF THOSE CHILDREN

reported that they drank alcohol previously



GIRLS ARE AS LIKELY AS BOYS

to have drank alcohol previously, binge drink and to have been drunk



50% OF THOSE CHILDREN

were drinking on a monthly or more regular basis



FOUR THINGS YOU CAN DO TO DELAY TEENAGE DRINKING

Source: Straight Talk - a guide for parents on teenage drinking (HSE)

- 1 TALK AND LISTEN TO YOUR TEENAGER** - it is the greatest support you can give them

 - Know the facts about alcohol.
 - Talk to your teenager about alcohol in a calm, matter-of-fact way.
 - Listen to your teenager. They will have their own stories and beliefs about alcohol. You need to hear these.
 - Make your feelings about underage drinking very clear. Some parents suggest that talking to another adult in the company of a teenager is a useful way of getting the message across.
- 2 HAVE FAMILY RULES**

 - Discuss the rules with everyone.
 - Be clear about what is allowed or not allowed, for example they are not allowed to attend teenage parties where alcohol is served.
 - Have "coming home" times and stick to them.
 - Have consequences for breaking rules and stick with them.
- 3 KNOW WHERE YOUR TEENAGER IS**

 - Are they where they say they are? If they say they are staying overnight in a friend's house, check.
 - Who are they with?
 - What time are they coming home at?
 - How are they getting home?
 - Do they have a mobile phone with them?
 - Have they updated the HEALTH APP on their smart phone?
- 4 IF YOU DRINK ALCOHOL, BE RESPONSIBLE** - Think about your own drinking

 - What rules do you have about your drinking (for example, not drinking and driving)?
 - Know how much alcohol is in the house and check it regularly.

