

# KEEPING SAFE AROUND ALCOHOL



In Life Education's **Think Twice** module we tackle the topic of alcohol with upper primary students in an age appropriate way, encouraging students to 'think twice' about decisions and behaviours related to alcohol.

One of the topics we explore with the students is **how to stay safe** by working on strategies to reduce harm to themselves and others in relation to alcohol. Here are some ways to reinforce these messages with your children at home:



**PRACTICE** some strategies to deal with peer pressure around alcohol or other issues

- Make an excuse
- Give a reason
- Suggest a better idea
- Challenge
- Say 'no' or 'so' or 'shrug'
- Change the subject
- LOL!!!
- Walk away

**MODEL** safe behaviours in relation to alcohol

- Limit alcohol use
- Choose healthy ways to deal with stress. Don't portray alcohol as a way to deal with stress
- From time to time decline the offer of alcohol in front of your children
- Don't drink and drive nor let others do the same
- Encourage your friends and family to be positive role models for your children
- Show your children that you can have fun without drinking alcohol

**DISCUSS** the community support that keeps us safe

- Laws around purchase and use of alcohol
- Safe Drinking Guidelines – For children and young people under 18 years of age, not drinking alcohol is the safest option
- RBT – Random Breath Testing

**TALK** about a plan for possible situations

**What would you do if.....**

- you were offered a lift home by someone who you think has been drinking?
- you found yourself in an uncomfortable or dangerous situations involving alcohol e.g. at a sporting event, the beach or park, a party or gathering?
- you were with a friend or relative that was affected by alcohol?

**The plan could include:**

- **who** to call
- **where** to go
- **when** to call an ambulance [Confirm that they are helpers not law enforcers.]
- **what** could happen - explore the consequences of the solution
- **how** do you support people's decision not to drink alcohol

