

**MEDIA RELEASE**

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**PARENTS URGED TO HAVE THE 'OTHER TALK' AHEAD OF SCHOOLIES**

The [Alcohol and Drug Foundation](#) is urging parents to arm their teenagers with the facts about alcohol and other drugs, ahead of Schoolies celebrations.

With tens of thousands of school leavers set to take part in graduation festivities next month, Alcohol and Drug Foundation Chief Executive Officer, Dr Erin Lalor AM said equipping young people with accurate information can help prevent and reduce alcohol and other drug-related harms, such as accidents and injuries.

“Parents take the time to have ‘the talk’ about sex to give their children the knowledge to make good decisions. Having conversations about alcohol and other drugs – the ‘other talk’ – is important for the same reasons,” Dr Lalor explained.

The Alcohol and Drug Foundation encourages regular conversations between parents and their children about alcohol and other drugs.

“Parents should know that young people see them as credible sources of information,” Dr Lalor remarked.

“Ideally you would start conversations about alcohol and other drugs while your child is still in primary school, as early as eight years old. But it’s never too late,” Dr Lalor added.

There is no set formula for having the [‘other talk’](#), but the Alcohol and Drug Foundation’s top tips for parents of school leavers include:



### Get the facts:

Use evidence-based resources to educate yourself and your teenager, including the Alcohol and Drug Foundation's **Drug Facts pages**, interactive **Drug Wheel** and **Text the Effects** drug information service.



### Look for opportunities to start the conversation:

Use relevant topics on the TV and radio, or upcoming events, as an opportunity to talk about alcohol and drugs. Keep the conversation relaxed.



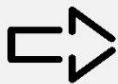
### Ask questions:

Find out your teenager's views and knowledge about alcohol and other drugs. Talk about what they would do in different situations.



### Talk about the harms and ways to reduce them:

Discuss the harms of different drugs, as well as the reasons why someone might use them. Don't exaggerate the harms as it could make you sound less credible. Explain how to **reduce** alcohol and other drug-related harms, for example alternating alcoholic drinks with a glass of water, avoiding mixing drugs, not swimming or driving whilst under the influence, how to reduce the risk of **drink spiking**, and making sure everyone gets home safely.



### Explain how to get help:

Ensure your teenager knows that in an emergency, they should immediately call triple zero. Explain that calling an ambulance does not mean that police or parents need to be involved. Calling an ambulance could be the difference between life and death in some emergencies.

Talk about the types of support services available at events like Schoolies, such as Red Frogs, Ambulance and Police.

The Alcohol and Drug Foundation encourages parents of Schoolies under the age of 18, to seek out activities and events for all ages. End of school celebrations are also a timely reminder that [secondary supply](#) of alcohol to minors is illegal in all states and territories.

For drug information or support, people can visit [www.adf.org.au](http://www.adf.org.au) or call the Alcohol and Drug Foundation's DrugInfo line on 1300 85 85 84. The confidential service provides drug information and puts people in touch with relevant support and health services in their state and territory.  
**ENDS**

For media enquiries please call the Alcohol and Drug Foundation's media team on 0430 948 380 or email them at [media@adf.org.au](mailto:media@adf.org.au)

**About the Alcohol and Drug Foundation:** Celebrating 60 years of service to the community, the Alcohol and Drug Foundation is one of Australia's leading bodies committed to preventing and minimising alcohol and other drug harms in communities around the nation. The Foundation reaches millions of Australians in local communities through sporting clubs, workplaces, health care settings and schools, offering educational information, drug and alcohol prevention programs and advocating for strong and healthy communities.