



Young People, Alcohol & Other Drugs

Key Takeaways for Parents, Guardians & Caregivers



Research has consistently shown that parents are the most influential people in a young person's life.



Just one high-quality adult relationship is enough to have a significant impact on young people's alcohol or other drug use.



Young people want to talk about these topics, especially with the people they trust the most!

Know the Facts!

- The majority of young people in Australia have never vaped or used an illicit drug.
- More than ever before, young people are choosing not to drink or to delay their first drink.
- The majority of young people are making really positive choices when it comes to how they choose to celebrate.
- Young people think about risk very differently to adults due to the stage of their brain development.

You can have impactful conversations with young people!



Feedback Survey

If you've attended one of our Parent seminars, we would love to hear from you!

Your feedback is welcomed and appreciated.



**ENCOUNTER
YOUTH**

*Over 25 years experience
working with young people.*

Talking about Alcohol & Other Drugs with young people...

The language we use to talk about alcohol and other drugs matters! It can influence young people's beliefs, behaviours and perceptions of drug use in the community.



Where are young people coming from?

- Young people are wired to take risks. While there are degrees of risks, not all risks are bad.
- Young people are more likely to be motivated by how rewarding a choice appears rather than first thinking through the risks that are associated with their health and safety.
- Risk taking is an essential part of becoming an independent adult. Young people can be supported with effective strategies to empower them to make healthy choices for themselves.

We recommend!

- ✓ **Little chats, regularly.** The earlier the better in a young person's life, ideally before exposure.
- ✓ **Age appropriate content.** Share enough to satisfy curiosity, but not to overeducate! Curiosity is still the number one reason a young person will choose to use alcohol or other drugs.
- ✓ **Draw from everyday experiences.** Be intentional and make the most of opportunities to talk.
- ✓ **Use IF instead of WHEN.** Using the word "if" to talk about alcohol or other drugs empowers young people to choose for themselves.
- ! **Avoid assuming the worst.** Know the facts before talking to young people about alcohol, other drugs and their choices.
- ! **Avoid not talking because you don't have all the answers.** Saying, "I don't know, but let's find out together!" is a positive way to respond and actively support young people to find answers.



Party Safe Check List



View this resource if your young person is planning a party or planning to attend a party.



For current information about Schoolies Festival™, visit our Parent Information page.

Helpful Resources



Alcohol
and Drug
Foundation

National Alcohol & Other Drug
Hotline: 1800 250 015
adf.org.au



headspace

1800 063 267
headspace.org.au

MISSION
AUSTRALIA

Drug and Alcohol Youth
Outreach Service
missionaustralia.com.au



1800 55 1800
kidshelpline.com.au



www.quit.org.au
13 78 48

BE VAPE
FREE

sahealth.sa.gov.au



Positive Choices
positivechoices.org.au

Corporate Partners



Government of South Australia
Department for Education



How to get in touch!



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Calling an Ambulance



Emergency service personnel often express concern that young people **hesitate** to call for help when they need it, due to **fear** of the **cost** and **getting in trouble**, especially by Police if they attend.



Talking with young people, and **preparing them** for what may happen if they call an ambulance for themselves or others will **empower** them to call for help if they need it!



If you call for an ambulance, you **only** get an ambulance outside of **three exceptions**. These include:

- **Car Accidents:** It is a mandatory procedure for Police and Ambulance to attend all car accidents. MFS & CFS may also be present.
- **Schoolies Festival™ or Community events:** The role of Police is to manage crowds and support Paramedics.
- **Ambulance officers who request Police Assistance:** Police will be called to support Paramedics if their safety is at risk. The role of Police in this case is to protect and ensure Paramedics can continue their work safely.

Be sure to talk about calling an ambulance with your young people, so they can look after themselves and their mates!

The Emergency Plus App



*A great resource for you and
your young people to have on
your phones!*