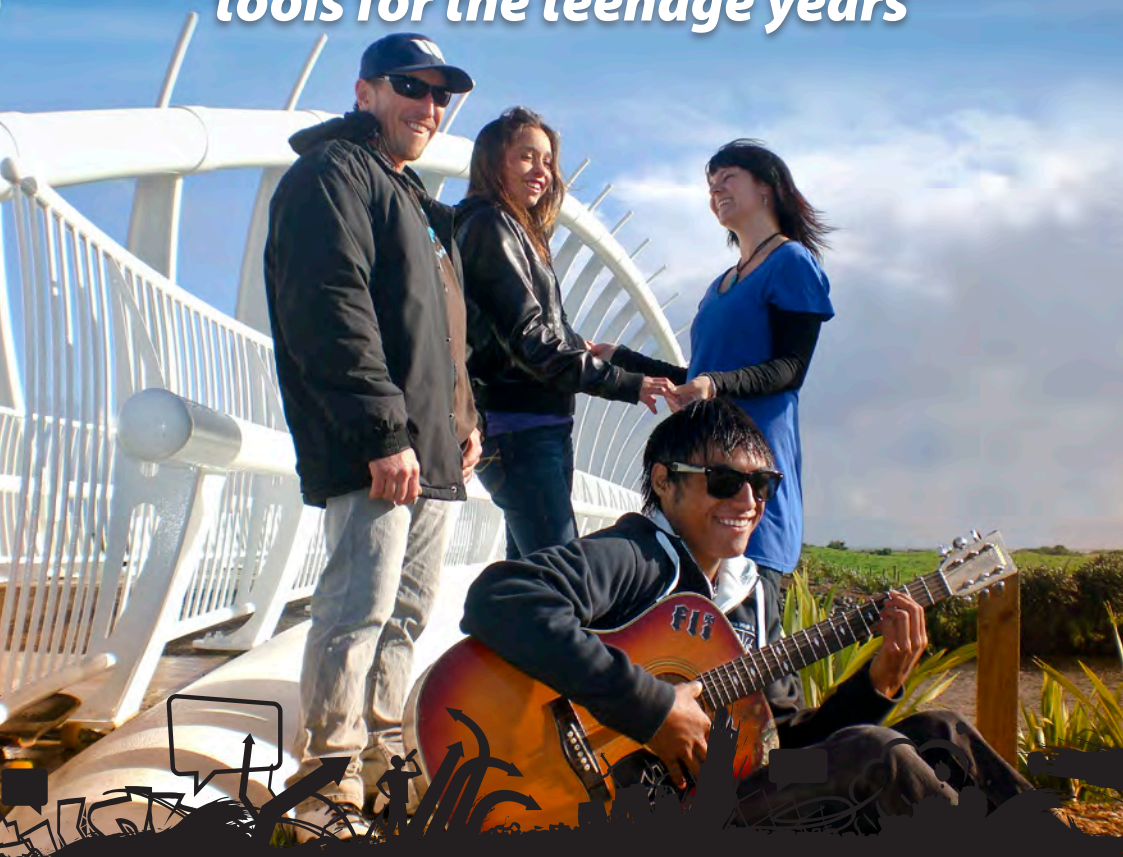


**the  
parent  
pack**



***tools for the teenage years***



***Produced by Action on Alcohol Taranaki***



**Using this guide can help you talk with your teens.**

## HOT TIPS


- What children see they do – be a good role model
- Be around for your teen and be approachable
- Know who your teens' friends are and where they are hanging out
- Have the important conversations before you really need them
- Be aware of changing behaviour of your teen, these may signal alcohol or drug abuse
- Always ensure the safety of a drunk or drugged person
- Alcohol is a drug and should be treated with caution
- Always be available if needed
- Be involved in party planning

### ***Tangata ko ana i te whare, te turanga ki te marae, tau aua***

*A person who is taught at home, will stand collected on the Marae  
A child who is given proper values at home and is cherished in  
the family will behave well in society and throughout their life.*



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# Alcohol and the law

Alcohol law is designed to control and minimise harm. Teenagers are subject to tighter controls around access, supply and consumption because they are more vulnerable.

**For more detailed and up to date information on the law and alcohol check out Alcohol Advisory Council of NZ [www.alac.org.nz](http://www.alac.org.nz)**

- The minimum purchasing age for alcohol is 18.
- Someone under the age of 18 can only be legally supplied alcohol by a parent or legal guardian (parent or legal guardian DOES NOT include sisters, cousins, aunts).
- Anyone purchasing alcohol for an under 18 year old (except their own child) is committing an offence and can be fined up to \$2000.
- It is against the Law for anyone under the age of 20 to drink any alcohol and drive.
- Be aware of Council Liquor Bans. It is illegal for anyone to drink in these area.





A young man with dark hair, wearing a grey hoodie over a black t-shirt and dark trousers, sits on a blue cushioned bench inside a prison cell. He is looking out through a heavily scratched and stained glass pane. The cell walls are a dull, peeling green. The lighting is dramatic, with strong highlights and deep shadows.

HIS DAD PUT HIM HERE

HIS DAD SAID HE COULD GO TO THE PARTY.  
HIS DAD GAVE HIM AND HIS MATES A SNEAKY BOTTLE OF RUM  
TO TAKE WITH THEM.

HIS DAD DIDN'T REALISE THE CONSEQUENCES.  
HIS SON WAS ARRESTED FOR OBSCENE AND VIOLENT BEHAVIOUR.  
IF YOU CHOOSE TO SUPPLY YOUR UNDER 18S WITH ALCOHOL  
PLEASE REMEMBER YOU'RE RESPONSIBLE FOR THE CONSEQUENCES.

# Healthy relationships with teens

We know that teens test boundaries and break rules, its part of growing up, learning how things work by questioning and through seeking independence.

But did you know that one of the most important things for teens is having regular, meaningful relationships with adults in their lives. This is the key to make the transition to adulthood a healthy one. It is important that teens have adults who care and have compassion.



***The key with your teen is to have a relationship  
built on mutual respect.***

So how do you get past all the agro? Here are some tips:

- Whatever your teen does keep calm.
- Make it easy for you teen to let their feelings known.
- Be around, be available and listen.
- Try not to judge.
- Find solutions that work for you both.



***Remember that teens want to be heard.***





# Why role modelling is so important

Many parents do not realise how important they are as role models in influencing their teen's behaviour.



## *What teenagers see they do.*

The teenage years can be a challenging time with extreme body changes. They start to take on adult roles and responsibilities. Teens use role models to understand how to act, whether good or bad, and strong role models can be hugely important during these influential years.

A role model helps teens establish a sense of identity and purpose. They can define the qualities they hope to show and point the way to reach those qualities.



## *Teenagers copy the behaviour of their parents.*

***The apple does not fall far from the tree***



# Encouraging good decisions

It is important to be open and honest about the realities of drinking. Alcohol can be an important part of social occasions and events, the trick is knowing where your limits are.



***The key to having a good time is moderation.***

Encouraging good decision-making around alcohol needs real conversations with your teen. Discuss what happens when drinking too much and how your teen can prevent getting drunk.

## 6 key conversations:

### 1. Know when you're reaching your limit

Teach your teen to understand the early signs of drinking too much and when they need to slow down.

Examples:

- Slurred speech.
- Knocking things over.
- Getting loud or giggly.
- Feeling light headed.

Limits are different for everyone. Differences in girls and boys, body shape and size can all have an impact.

### 2. Know what you are really drinking

Spirits, RTD's and beers all vary with alcohol strength. What is easy to drink can also get you the drunkest. Alcohol is a poison and can be seriously harmful at high levels (including death). Be aware of the amount and strength of the alcohol your teen's drinking. There is no safe limit for a teen.



***It takes a whole***



### 3. Look after your mates

Support your teen in making good choices, even when their friends are not. Encourage your teen to look after their friends and ensure they get home safely. If their friends are drinking too much repeatedly they need to get some help.

### 4. Sex and Alcohol

Drinking too much can put you at more risk of unsafe sex, STIs, pregnancy or rape. It is important to be aware of the issues that your teenager may come across.

### 5. Accepting drinks from strangers

Drink spiking does occur and the results are dangerous. Don't accept drinks from strangers and don't leave your drink unattended.

### 6. Safe transport home

It is against the Law for anyone under the age of 20 to drink any alcohol and drive.

Ensure they have a safe plan for how they get home. Be available if the plan doesn't work.

***Make sure you know where they are going and you both know the time you expect them to be home.***



***village to raise a child.***



His mum did this

His mum said he could go into town  
with him. His mum gave him a dozen beers to take  
Her intoxicated son yelled abuse at the wrong person  
and was knocked unconscious.  
If you choose to supply your under 18s with alcohol,  
please remember you're responsible for the consequences.



# RED FLAGS – when you need to start asking questions

There are obvious signs of alcohol and drug use. Many signs may be normal teenage behaviour, so look for sudden changes or ongoing behaviours.



## OBVIOUS USE

Red eyes, enlarged or pinpoint pupils, alcohol smell, very fidgety, not making any sense. Drug utensils such as glass pipes, tinfoil wrapped substances, needles, unexplained pills, burnt knives, plastic bottles cut in half.



## BEHAVIOUR

Is your teen nasty, moody, irritable, unreasonable, angry, lie, have occasional memory loss, slurred or slow speech, lack of energy, apathy, poor coordination, loss of involvement or enthusiasm, overreaction to criticism, lack of pride in appearance.



## ILLNESS

Frequently ill in the morning, miraculously well in the evening, chronic coughing (see pages 18 and 19, facts about drugs).



## CHANGES FRIENDS

Drops old friends, has new friends you don't know. Is secretive and has private meetings away from home.



## MONEY

Unable to explain how money is spent or where money came from. Unable to explain new purchases or possessions.



## SCHOOL PROBLEMS

Unusual lateness, truancy, the teacher reports a change in behaviour and performance, school communication not making it home.



## OTHER CHANGES

No interaction with family, hides in room, sleeping habits change, hangs out in parks, malls, withdraws from sports or hobbies. Weight loss, change in appetite, altered sleep patterns.

***Be active in seeking help. Refer to the agencies on the back page if you suspect your teenager has an alcohol or drug problem.***





# Hosting a teenage party

Hosting a party is a great way to teach your teen how to be safer around alcohol. Safer parties don't just happen. Work together with your teenager and agree to some guidelines.



***It is an offence under the law to supply alcohol to people under 18 years, other than your own children.***

## **Things to think about:**

Safe parties don't just happen.

### **Have ground rules on**

- Who is coming and how many?
- What time will the party finish?
- What food will be available?
- How will you deal with too much alcohol bought by guests?
- How will guests get home?
- Who will organise transport?
- How will the party be supervised and by whom?
- Will some guests stay over?
- How will gatecrashers be handled?
- Is there a limit on the amount of alcohol a person can bring to the party?



# Guidelines for parties

- Send out invitations to keep the numbers manageable. Set a limit on alcohol.
- Be cautious of social media (texting, Facebook or twitter) as these will spread the word about your party too far.
- Drop in with snacks or pick up empties. Your involvement needs to be visible but not intrusive. Check out the back yard too.
- Have one entry and exit point at the party.
- Tell neighbours and let Police know about the party – this way problems can be sorted with their help.
- Invite other adults over so they can help with supervision and food.
- Have plenty of good filling food and non-alcoholic drinks.
- Sing star or similar activities can distract party goers from only drinking.
- Signal the end of the party by turning on the lights. Arrange for parents to pick up their teenagers at the agreed time.

*Experience suggests it needs more than*

*3 adults to supervise a party of 20 people.*

***E raka te maui, e raka te katau***

*A community can use all the skills of its people*

# Attending parties

## ***First: contact the host parents and check on details:***

- Supervision, time and location
- Alcohol
- Transport

## ***Talk about the kind of things that could go wrong such as:***

Their driver is drunk or on drugs.

There is violence or drug use at the party.

They are feeling threatened or frightened.

## ***Some suggestions:***

Tell them they can always phone or text you and you will pick them up.

Give them money for a taxi or pay when they get home.



***Talk to your teen about what you are doing.***

***This is a matter of safety, not control or lack of trust.***





# Having important conversations with your teen

Here are a few pointers and tips for talking with teens about the very real issues they face.

## ***Timing is everything***

Teens will catch you off guard when they decide to ask tough questions. When teens ask questions, it's an opportunity to help them learn by sharing our thoughts.

## ***The big questions***

Sex, drugs and alcohol, they are the big questions. Think about your answers ahead of time.

## ***Embarrassed?***

That's normal, so say so. Admitting your own discomfort allows your teens to acknowledge theirs - and may make everyone feel a little less awkward all around.

## ***Stick to the basics***

Stick with specific and correct terms that everyone understands.

## ***Start the conversation***

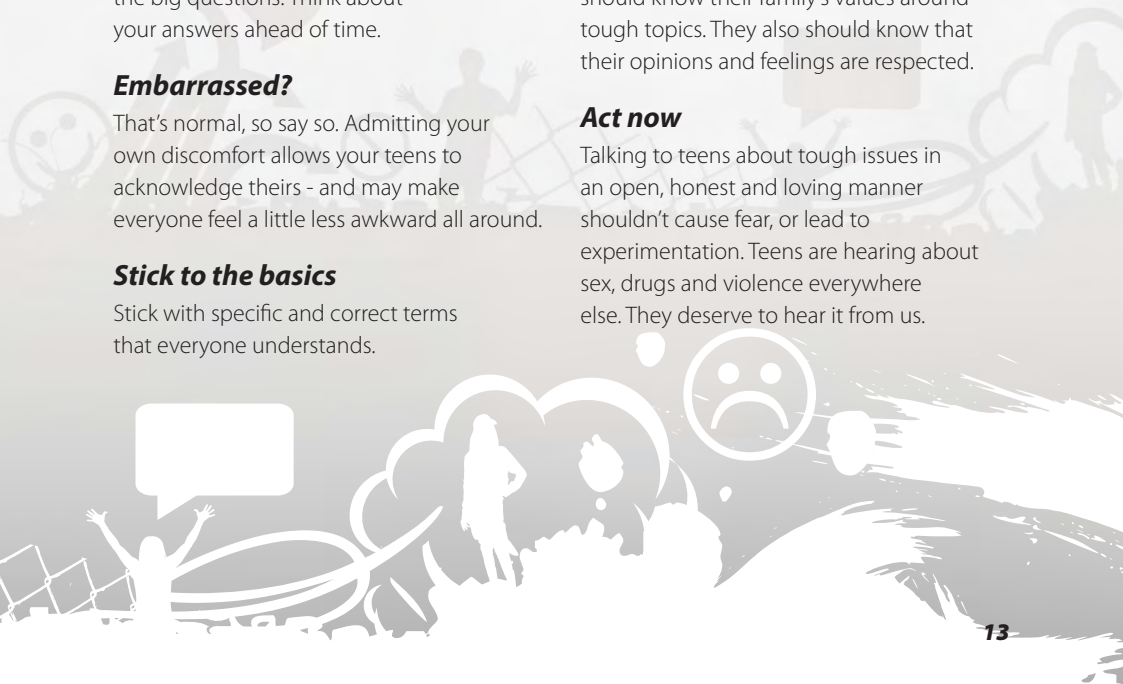
Use everyday, naturally occurring events to start conversations with teens about tough topics, then teach them early and often.

## ***Be clear about your values***

This doesn't mean "be judgmental." Teens (although they will protest) want to and should know their family's values around tough topics. They also should know that their opinions and feelings are respected.

## ***Act now***

Talking to teens about tough issues in an open, honest and loving manner shouldn't cause fear, or lead to experimentation. Teens are hearing about sex, drugs and violence everywhere else. They deserve to hear it from us.



# **DAMAGE CONTROL**

## **Dealing with a drunk or 'out of it' teenager**

**The most important thing is everyone's safety.**

- Stay with them.
- Give them water.
- Quiet safe place away from party.

**If unconscious call an ambulance.**

**Unconscious means they cannot be woken up. Make sure they are breathing and their mouth is empty. Don't leave them.**

**If vomiting put them on their side in the recovery position.**

**Keep them warm. Don't leave them.**

***Do not try to reason with a drunk and/or stoned teenager.***

*Wait until the morning when they are rested and you are less angry.*

**If you are concerned for a persons safety**

# **Call 111**

**Speak clearly and be ready with your address**

***He mahi kai te taonga***

*Survival is the treasured goal*

# THE FACTS



*Alcohol abuse is one of the factors that leads young people to suicide.*



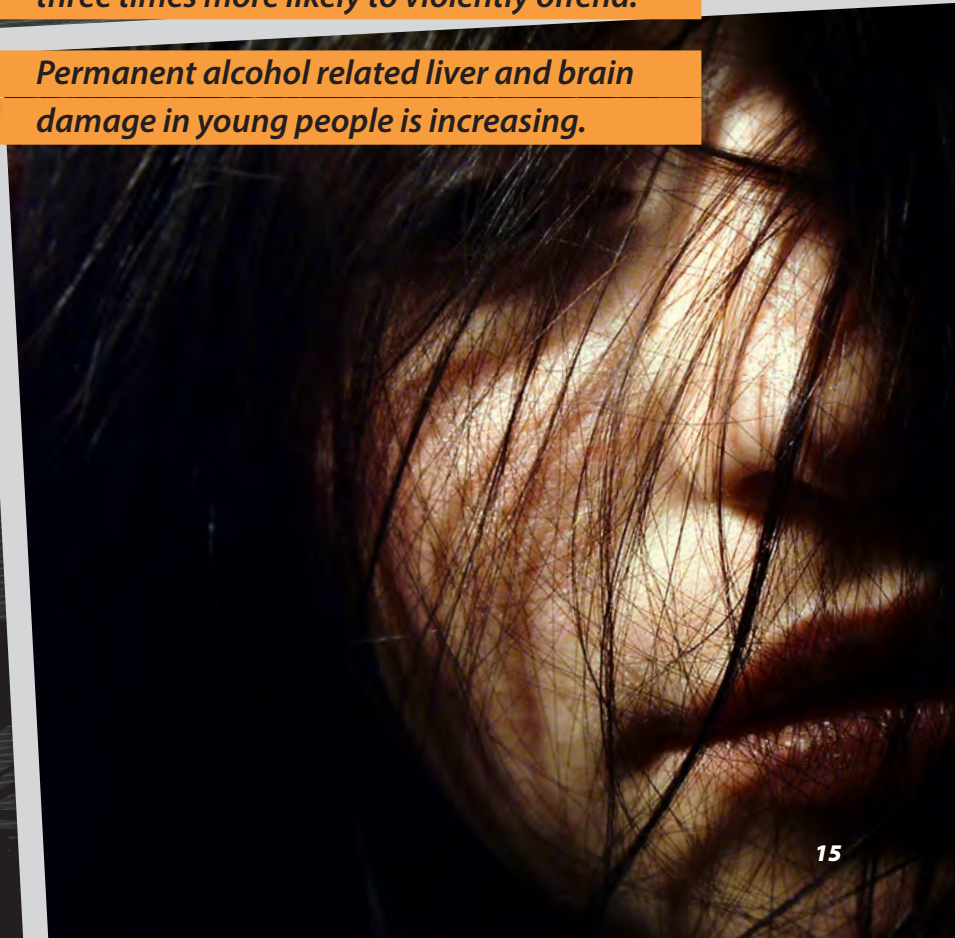
*One in three teenage girls were drunk when they had unsafe or unwanted sex.*



*Young New Zealanders abusing alcohol are three times more likely to violently offend.*



*Permanent alcohol related liver and brain damage in young people is increasing.*





# \*FACTS ABOUT DRUGS

<i>Name</i>	<i>Also known as</i>	<i>Consumed as</i>	
<b>Cannibis / Marijuana</b>	Weed, Grass, Dope, Pot	Smoked or added to baking	
<b>Amphetamines</b>	Speed, Go-eey	Pills, Liquid, Powder	
<b>Crystal Methamphetamine/ Amphetamine Plus</b>	P, Pure, Burn, Crystal, Ice	Commonly smoked through a glass pipe/bulb	
<b>Ecstasy</b>	E, xtc, Eccey, The Love Drug	Small tablets Powder	
<b>GHB</b>	Fantasy, Grievous Bodily Harm, Liquid E, the Date Rape Drug	Taken orally – usually in the form of a colourless, odourless liquid (easily added to drinks) Occasionally GHB comes in powder or capsule form.	

	<i>Short term effects</i>	<i>Long term effects and other information</i>
	<ul style="list-style-type: none"> <li>• Cannabis contains 421 chemicals. One of those chemicals is delta-9 tetrahydrocannabinol (THC). It can build up in the body's fatty tissue, including the brain and gradually release into the blood stream over 30 days.</li> <li>• Cannabis decreases concentration, memory, learning abilities and judgement.</li> <li>• Regular users may begin to lose energy and interest in other activities.</li> <li>• Cannabis can be detected in urine for up to six weeks.</li> </ul>	<ul style="list-style-type: none"> <li>• The effects are sensitive to the users personality and mood.</li> <li>• Frequent use is linked to mental health problems, increased risk of bronchitis, emphysema, cancer and other respiratory diseases.</li> <li>• Cannabis has 50-100% more tar than tobacco and the smoke tends to be inhaled much more deeply into the lungs.</li> <li>• It interferes with sexual development and hormone production.</li> </ul>
	<ul style="list-style-type: none"> <li>• Panic, paranoia and increased appetite</li> <li>• Stimulate the nervous system</li> <li>• They speed up the messages going to and from the brain to the body.</li> <li>• Used by some to 'get high' to dance all night.</li> <li>• Others use the drug to stay awake for long periods of time, to improve performance in sport, at work, or to boost self esteem.</li> </ul>	<ul style="list-style-type: none"> <li>• Chronic health problems, mood disorders</li> <li>• As the effect of amphetamines begin to wear off a person may experience a range of symptoms including uncontrolled violence, tension, radical mood swings, depression and total exhaustion.</li> </ul>
	<ul style="list-style-type: none"> <li>• Paranoia, psychotic episodes</li> <li>• Because of its purity, this drug has more pronounced effects on the central nervous system.</li> </ul>	<ul style="list-style-type: none"> <li>• hunger, low mood, poor health</li> <li>• Other long term effects include memory loss, inability to concentrate for periods of time</li> <li>• Increasingly, this form of methamphetamine is being linked to irrational, aggressive and violent behaviour.</li> </ul>
	<ul style="list-style-type: none"> <li>• Affect perception, feeling of empathy to others</li> <li>• Speeds up the central nervous system.</li> </ul>	<ul style="list-style-type: none"> <li>• Similar to amphetamines</li> <li>• After using ecstasy, some or all of the following symptoms may occur: Insomnia, depression, anxiety, paranoia, fatigue, difficulty concentrating</li> </ul>
	<ul style="list-style-type: none"> <li>• Effects are similar to ecstasy</li> <li>• there is little margin between a dose and an overdose</li> </ul>	<ul style="list-style-type: none"> <li>• Can cause deep unconsciousness</li> </ul>

# FACTS ABOUT DRUGS *continued*

<i>Name</i>	<i>Also known as</i>	<i>Consumed as</i>	
<b>Solvents, paints, fuels, sprays</b>		inhaled through nose or mouth	
<b>Benzodiazepines</b>		usually tablets can be liquid or powder.	
<b>Opiates</b>	heroin, opium, codeine, morphine, methadone	Powder or pills. Can be taken orally, injected, snorted or smoked.	
<b>Nitrites</b>	poppers, rush	A yellow volatile flammable liquid which is inhaled.	
<b>Herbal drugs</b>	Herbal highs	Wide range - all come from nature Can be plant form: smoked or chewed As a drink Made into a tablet.	



	<i>Short term effects</i>	<i>Long term effects and other information</i>
	<ul style="list-style-type: none"> <li>Intoxication lasting 15-45 mins. - Drunkenness, giddiness, perception distortion</li> </ul>	<ul style="list-style-type: none"> <li>Irritation of lungs resulting in chronic cough, compromised respiration, hepatitis, kidney damage. If pregnant multiple damage to foetus</li> </ul>
	<ul style="list-style-type: none"> <li>Relief of anxiety and tension, drowsiness, reduce co ordination</li> <li>Lasts 2-12 hours.</li> </ul>	<ul style="list-style-type: none"> <li>Depression, dependence on higher doses,</li> <li>Long and difficult withdrawal</li> <li>Can lead to coma or death if taken with alcohol.</li> </ul>
	<ul style="list-style-type: none"> <li>Breathing and heart rate slow, little sensitivity to pain.</li> <li>Nausea, vomiting and constipation are common</li> <li>Lasts 2-24 hours.</li> </ul>	<ul style="list-style-type: none"> <li>Overdose can be lethal. Can happen for 1st time user.</li> <li>Coma is followed by death unless urgent treatment is sought. Very addictive. -Withdrawal is extremely painful and difficult.</li> </ul>
	<ul style="list-style-type: none"> <li>sensations of warmth, pounding heart, removal of inhibitions, visual disturbance followed by headaches and weakness.</li> <li>Lasts 3-5 minutes</li> </ul>	<ul style="list-style-type: none"> <li>Unknown as regular use uncommon.</li> </ul>
	<ul style="list-style-type: none"> <li>Can be very powerful,</li> <li>All cause hallucinations and stimulate the cardiovascular system and nervous system.</li> </ul>	<ul style="list-style-type: none"> <li>Can have serious effects on people with high blood pressure and heart conditions.</li> </ul>

***This information is based on drugs most commonly used in Taranaki, however other drugs do exist. If you are concerned that your teenager has an alcohol or drug problem, please contact one of the agencies on the back cover.***

## Notes



# My Key Contacts

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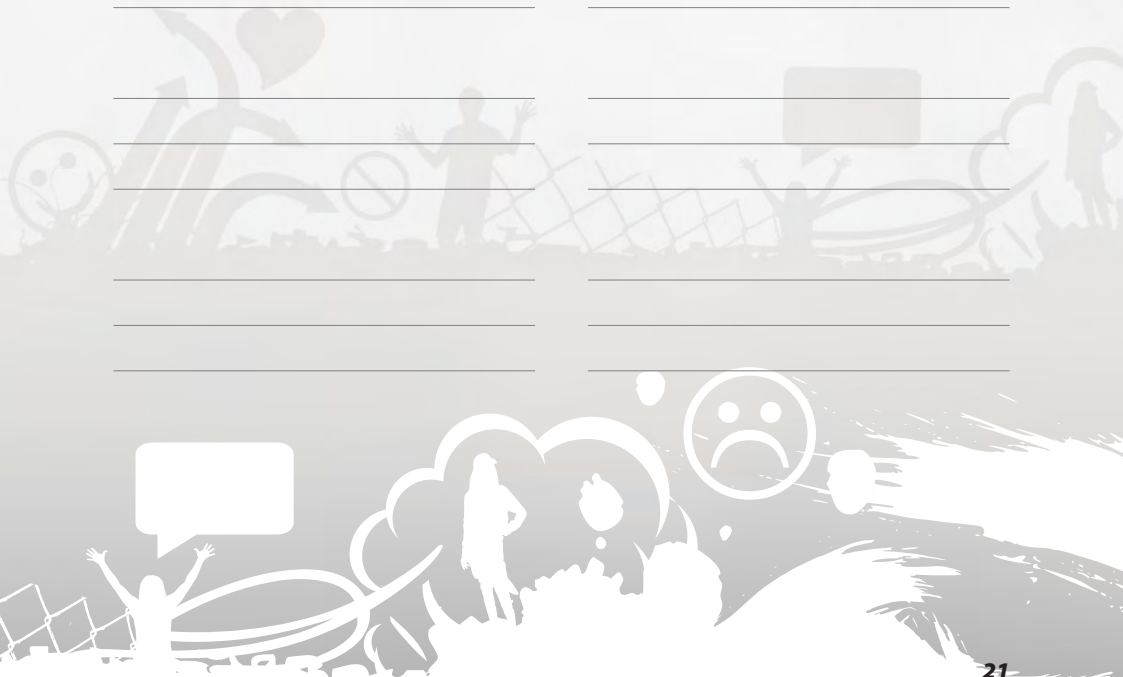
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# Resources and agencies for parents and young people

## **Alcohol and Drug Helpline**

**[www.adanz.org.nz/helpline/home](http://www.adanz.org.nz/helpline/home)**

0800 787 797

## **Relationship Services**

(confidential counselling)

**[www.relate.org.nz](http://www.relate.org.nz)**

06 758 3803

## **Child & Adolescent Mental Health**

Youth A&D counselling

**[www.werrycentre.org.nz](http://www.werrycentre.org.nz)**

06 753 7790

## **Mahia Mai a Whai Tara**

**[www.likemindstaranaki.org.nz](http://www.likemindstaranaki.org.nz)**

06 754 4669

## **NZ Drug Foundation**

**[www.nzdf.org.nz](http://www.nzdf.org.nz)**

## **Students Against Driving Drunk**

**[www.sadd.org.nz](http://www.sadd.org.nz)**

## **Foundation For Alcohol and Drug Education**

**[www.fade.org.nz](http://www.fade.org.nz)**

## **Alcohol Advisory Council of NZ**

**[www.alac.org.nz](http://www.alac.org.nz)**

## **What's Up Helpline**

**[www.whatsup.co.nz](http://www.whatsup.co.nz)**

0800 942 8787

## **Kidsline**

**[www.kidsline.co.nz](http://www.kidsline.co.nz)**

0800 543 754

## **Youthline**

**[www.youthline.co.nz](http://www.youthline.co.nz)**

0800 376 633

## **Lifeline**

**[www.lifeline.co.nz](http://www.lifeline.co.nz)**

For more copies contact Action on Alcohol Taranaki (AAT) via TDHB Public Health Unit 06 7537799. AAT is a regional coalition of agencies focused on reducing alcohol related harm in Taranaki.