

## **Alcohol what you need to know**

Drinking alcohol can damage a young person's organs and affect their health and development.

Alcohol use during the teenage years is related to a wide range of health and social problems.

Young people are advised not to drink alcohol before the age of 18

### **Interesting facts about alcohol**

- More than 9 million people in England drink more than the recommended daily limit.
- In the UK in 2014 there were 8,697 alcohol related deaths.
- Alcohol related admissions for 15-24 year olds has increased by 57% for males and 76% females from 2002 to 2010.
- In a sample of 2000 15-16 year olds, 11% had had sex under the influence of alcohol and regretted it.
- Alcohol is 61% more affordable in 2013 than it was in 1980.

Find more information on <https://www.alcoholconcern.org.uk/>

### **Let's be positive**

- In England only 4% of 11-15 year olds drink once a week , this was 20% in 2003
- 62% of under 15 year olds have never consumed alcohol
- The proportion of young people who think it is ok to drink has fallen in recent years from 46% to 24%.

Find more information on <http://www.alcoholeducationtrust.org/>

We all want to prepare our young people to be independent and be able to thrive in the world. We know children in care can be more vulnerable than other children. Some things to consider:-

- They may have a disordered view of alcohol due to their previous experiences. Alcohol may have been abused within the family and we know there is a link between alcohol and domestic abuse.
- Children in care are more at risk of CSE and criminal behaviour where alcohol is often a factor.
- Young people are more likely to be drinking with their peers without the knowledge of their care giver.

**Myth Buster – It's a myth that by giving children alcohol regularly they will learn how to become sensible drinkers.**

Research suggests that the earlier children are introduced to alcohol, they are more likely to get a taste for it and drink heavily as young adults.

A Dutch study of 428 families with children between 13 and 15 found the more children drank at home with parents the more they drank outside the home and were more likely to report alcohol problems two years later.

In France where children are often given sips of wine from a young age - 1 in 10 adults are alcohol dependant.

Research shows that positive health promotion interventions are needed to educate young people about the risks associated with alcohol, this needs to be done before they have an alcoholic drink.

### **The Law – What it says**

If you are under 18 it's against the law;-

- For someone to sell you alcohol
- To buy or try to buy alcohol
- For an adult to buy or try to buy alcohol for you
- To drink alcohol in licensed premises

However if you are 16 or 17 and accompanied by an adult you can drink but not buy beer, wine or cider with a meal.

Corporate parents want the best possible outcomes for children and one of those is being as healthy as possible. These are the Local Authority **guidelines** for young people and the consumption of alcohol

- *No child under 16 should be given any form of alcohol whatsoever*
- *No child under 18 should be given alcohol by care givers but a decision that they are allowed alcohol at special occasions should be written in the safe care plan and decided in discussion with the team around the child.*
- *Care givers should discuss safe consumption of alcohol with young people.*

### Useful links

<http://www.nhs.uk/chq/Pages/2595.aspx>

[https://www.alcohollearningcentre.org.uk/assets/Alcohol and Young People Toolkit.pdf](https://www.alcohollearningcentre.org.uk/assets/Alcohol%20and%20Young%20People%20Toolkit.pdf)

<http://www.talktofrank.com/drug/alcohol>

<https://www.drinkaware.co.uk/>