

This *isn't* a 'don't drink' booklet—it's a **family debate book**. We want to **encourage** families to have more conversations about drinking.

The information in this booklet can be used as a **starting point** for family discussions.



SOUTH LAKELAND
COMMUNITY
SAFETY
PARTNERSHIP



Safer & Stronger
Barrow Crime & Disorder Reduction Partnership

~ The Facts ~

Did you know that young people are **more vulnerable** to the effects of alcohol than adults?

This is because the amount of alcohol is concentrated in a smaller body and therefore more likely to affect a person who isn't fully grown.

There are **no** safe limits for alcohol consumption under age.

22% of all admissions to hospital A and E were alcohol related in 2009.

6,541 deaths in 2007 were directly related to alcohol misuse in England.

Over 470 drinking and driving **deaths** are caused each year.

Alcohol misuse is a factor in **30% of suicides** each year.

It is estimated that 360,000 children aged 11-15 have been drunk in the last week.

Could this be your child??

Children as young as **8 and 9** ended up at **Furness General Hospital** last year as a direct result of **drinking alcohol**.

~ Quiz ~

- 1) **Can a 16 year old ever consume alcohol in a licensed premises?**
- A Never
 - B As long as it is purchased by an adult
 - C As long as it is consumed with a table meal
 - D Both B and C
- 2) **If someone aged 18 or over buys alcohol from an off-licence for a person under 18 waiting outside then:**
- A The purchaser commits an offence
 - B The person under 18 commits an offence
 - C Both parties commit an offence
 - D No offence committed if parties are related
- 3) **From what age can children drink alcohol in their own home?**
- A From birth as long as parents say it is okay to do so
 - B From the age of 5 years with parents' supervision
 - C From the age of 16 because the child is mature enough to drink alcohol
 - D Not until the child turns 18 years old
- 4) **16 year olds are allowed to have an alcoholic drink when:**
- A They are with a responsible adult
 - B They promise to only have one drink
 - C They are in an area specifically set aside for meals, not in a bar, and can have one beer or cider as an accompaniment for a meal
 - D Someone else buys it for them

Answers to Quiz: 1) C, 2) A, 3) B, 4) C

~ The law and alcohol ~

Under 5	It is illegal to give a child under 5 years old alcohol, unless under medical supervision.
Under 16	It is illegal for unaccompanied children under 16 to be allowed on premises licensed for the use exclusively or primarily for the supply of alcohol. This applies to premises with a premises licence, a club premises certificate or a permitted temporary event notice.
16 or 17	16 and 17 year olds if accompanied by an adult can buy (or be bought) beer or cider as an accompaniment to a meal, but not in a bar (i.e. only in an area specifically set aside for meals).
Under 18	It is against the law for anyone under 18 (except rule above) to buy alcohol in a pub, off-licence or supermarket. It is also against the law for anyone over 18 to buy alcohol for anyone under the legal age.

~ Health risks and your child ~

Each year approximately **5,000 young people** (under 21) **die** as a result of underage drinking; approximately **1,900 deaths** from vehicles crashes, **1,600 deaths** from homicides, **300 suicides** and hundreds from other injuries such as falls, burns, drownings etc.

Studies show that young people who drink heavily may put themselves at risk of a range of potential health problems. Scientists believe excessive amounts of alcohol can lead to literal **shrinkage of the brain**.

It is unknown by scientists how alcohol will affect the long-term memory and learning skills of people who begin drinking heavily as adolescents.

Alcohol is believed to be the second leading cause of dementia and can damage **every organ** in your body.

Alcohol increases the risk of cancer of the mouth, pharynx, larynx, oesophagus, breast, bowel cancer and most commonly liver cancer.

Alcohol misuse in young people can cause poor attainment, lack of attendance at school, poor health, committing crime, increased risk of being a victim of violent crime and sexual exploitation.

Young people who are misusing drugs or alcohol have the highest risk of death by SUICIDE.

DON'T walk away and leave a friend to

DIE!!



Dial 999 for the
emergency services

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(The young people featured are actors)

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~ Cirrhosis of the liver ~

What is it?

In basic terms, cirrhosis of the liver is most commonly caused by serious amounts of alcohol. It is known as the scarring of the liver; it is the formation of scar tissue which is associated with destroying the natural structure of the organ and blocking the blood flow through your liver.

The destruction of the normal liver structure hampers its ability to carry out its usual functions, which has a number of serious effects such as failure to make the proteins involved in bloodclotting.

What can it do?

Only 30% of patients with liver cirrhosis will survive five years after diagnosis. The condition will worsen if the cause is alcohol and the patient continues to drink. Cirrhosis is generally an irreversible disease and treatment usually focuses on preventing progression and complications. Unfortunately females are more likely to develop cirrhosis if they drink heavily.

Cirrhosis in young people

Cirrhosis of the liver is usually caused by heavy drinking over the course of many years. However, this is not to say young people cannot develop the disease. If a young person continues to drink heavily over a short period of time, the liver can become infected and begin to scar which could eventually lead to cirrhosis.

Deaths from cirrhosis among younger people are rising. In 2000, cirrhosis accounted for nearly 500 deaths in men aged 25-44 years and nearly 300 deaths in women the same age.

~ What to do if your child comes home drunk ~

- First and foremost; do not overreact and panic if your child comes home drunk.
- Keep a calm and respectful atmosphere and wait until the morning after to have the 'talk'.
- Make sure your child consumes plenty of water to rehydrate themselves, and get them to bed safely.
- Make the consequences Reasonable, Appropriate and Effective.
- Your child is likely to be feeling very hung over the day after, and is much more likely to take in the consequences of heavy drinking.
- Be sure that you express your feelings and concerns about your child drinking. Explain why you feel these concerns and tell real-life stories of drinking consequences.
- Let them know you will *always* be there for them no matter what.

Different approaches to the situation

- http://www.bbc.co.uk/health/physical_health/child_development/teen_risky.shtml
- <http://www.dads-space.com/DealingWithADrunkTeenager>
- <http://www.parenting-advice.net/teenagers/what-to-do-when-your-teen-comes-home-drunk.html>

~ Chief Medical Officer, Sir Liam Donaldson ~

"Heavy drinking during adolescence may affect normal brain functioning during adulthood"

"Beginning to drink before age 14 is associated with increased health risks including alcohol-related injuries, involvement in violence, and suicidal thoughts and attempts"

"Drinking at an early age is also associated with having more sexual partners, pregnancy, using drugs, employment problems and risky driving behaviour"

"20 million units of alcohol are consumed in a week by 11 to 17 year olds"

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_110258

~ Do you buy your child alcohol? ~

Some parents may give their child alcohol, with the warning they may only drink it at home. They may think this is the safest way to introduce their child to alcohol.

According to a recent study, 40% of 12 to 20-year-olds who drink, get their alcohol from an adult. In most cases this happens to be Mum or Dad.

- A staggering 650,000 of the kids were given alcohol by their own parents in the past month. And 30% were in their own home when they had their last drink.

You should talk about alcohol issues with your child. Explain the effects alcohol can have on your body, both short-term and long-term. Show interest in your child and pay close attention to how they may be feeling; let them know you're always there to listen.

Nearly one in four teens said parents had supplied them with alcohol an average of three times in the last six months.

~ Where can I get further help and advice? ~

You can ask Frank at:

www.talktofrank.com

Or you can choose to go direct to the ask Frank alcohol page at:

www.talktofrank.com/drugs.aspx?id=166

Another option is to visit :

www.gotateenager.org.uk

Or you can go straight to the 'alcohol and drugs' related page at:

<http://www.gotateenager.org.uk/default.aspx?page=drugsandalcohol&taggroup=3>

You can even sign up to become a member at 'gotateenager.org.uk':

<http://www.gotateenager.org.uk/default.aspx?module=users-edit>

By signing up to this particular website, you can read and seek advice from other parents in similar situations as yourself. You can also sign up for a free newsletter from the website.

Another useful website is:

<http://www.drinkaware.co.uk/facts/children,-young-people-and-alcohol?gclid=CLDR6s7JmqQCFcEB4wodZhXwEA>



Did you know...

In Cumbria, we drink more than the regional and national average. **FACT.**

It's estimated that there are **49,000,000 bubbles** in a bottle of champagne. **FACT.**

In England and Wales in 2006, there were 40,000 alcohol related deaths. **FACT.**

Alcohol contains **SEVEN CALORIES** per **GRAM**. **FACT**

In Cumbria in 2008, a 19-year-old woman died of liver cirrhosis - she had been drinking alcohol regularly since she was 12-years-old. **FACT.**

DRINK
WISE **CUMBRIA**
REDUCING THE RISKS TOGETHER