

Newsletter Article #1

The Smart Generation – Preventing Teenage Drinking

Teenage drinking is a serious problem that causes harm for young people, families and the community. To address this issue, our school is taking part in a project to prevent adolescent alcohol use. The Smart Generation Program is aimed at Year 8 and 10 students and their parents. If you have a child in either of these year levels, you should receive a brochure and letter soon, telling you about the program.

The Smart Generation Program is coordinated by Deakin University and aims to raise awareness about Australia's national alcohol guidelines and legislation. The number one aim of the program is to reduce teenage drinking, so we can all help our young people to be healthier and happier.

What are the national alcohol guidelines and legislation?

The **National Health and Medical Research Council (NHMRC) guidelines** recommend that children aged under 18 years do not drink alcohol.

Secondary Supply Legislation makes it illegal to supply alcohol to anyone under the age of 18 without written or verbal permission from their parents.

Over the coming months, look out for the Smart Generation newsletter articles for more information about teen drinking. Year 8 and 10 parents can also expect to hear about the project through mail-outs and students' homework activities.

We encourage you to be as involved as possible, and to get started you can:

1. Talk to your child about alcohol use and the risks. Discuss your expectation that they do not drink alcohol before they turn 18.
2. Consider setting guidelines that your child does not drink alcohol at home or elsewhere, and discuss the possible consequences.

For more information visit www.smartgeneration.org.au

or contact the Communities that Care (CTC) Mandurah team on 9550 3716