

# Discussing alcohol with your children

The National Health and Medical Research Council (NHMRC) has introduced new alcohol guidelines to help all Australians reduce their risks of alcohol harm.

## When is it the best time to start discussing drinking with your children?

Young people under 18 are at a greater risk of alcohol-related harm and we know early drinking is linked to problems with alcohol in later life, so now might be the perfect time to chat about healthy behaviours around alcohol.

## Start by knowing the facts

The new guidelines state:

“ To reduce the risk of injury and harm to the developing brain, it is recommended that those **under the age of 18 refrain from drinking alcohol.**”

It helps to approach any conversation about drugs or alcohol in an honest and non-judgemental way, establishing that there are no silly questions or off-limit topics.

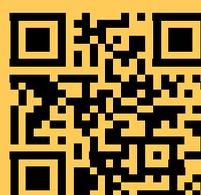
Using media stories, social media posts or themes from popular movies or TV shows can be a good way to prompt a chat and discuss strategies to help get out of situations where they may feel pressured to drink.

You may also want to establish some rules and consequences for breaking them, if appropriate.

It's important to remember that guidelines like these are designed specifically to keep everybody safe.



Scan here to see the laws around supplying alcohol to under 18s



Scan here for more info on talking to young people