

Discussing alcohol guidelines with under 18s

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

If your community organisation includes those under the age of 18, it's a great chance to open a conversation about healthy behaviours around alcohol.

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.**”

Our guide provides some helpful techniques to create a constructive dialogue:

- **Get the facts** - Only use proven sources like the NHMRC Guidelines
- **Find common ground** - Use media stories or themes from popular movies to prompt a chat
- **Focus on their health** - Make your motivation for chatting their own health and wellbeing
- **Help them understand rules and consequences** - Be realistic about behaviours and any potential harms that may result
- **Help them navigate tricky situations** - Give them strategies to prepare for social environments involving 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.

If you want to learn more about the effects of drinking on young people, and the recommendations around it, scan the QR code or visit community.adf.org.au

