

SCHOOL DRUG EDUCATION AND ROAD AWARE

Discover, Prevent, Cure



Supporting parents to delay and reduce adolescent alcohol use

Karen Lombardi Research Project Coordinator P 08 6319 1477

E karen.lombardi@telethonkids.org.au





Therese Shaw

Robyn Johnston

Conor Gilligan

Simone Pettigrew





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Government of Western Australia Mental Health Commission



Australian statistics on adolescent drinking¹

- Rates of use have declined over the past three decades
- The proportion of students reporting they have never drunk alcohol has more than tripled
- One in three (29.8%) drank at risk of single occasion harm although this was substantially reduced compared to 2011 (36.2%)



¹Alcohol think again https://alcoholthinkagain.com.au/Resources/Alcohol-Use-Statistics

Australian statistics on adolescent drinking¹

- Most students usually drink premixed spirits (45.1%) and spirits (31.1%)
- 11.7% of students indicated they drank premixed alcoholic energy drinks
- One in three students sourced alcohol from their friends (30.5%) and parents (30.4%) and almost one in ten from a sibling (8.7%)



¹ Alcohol think again https://alcoholthinkagain.com.au/Resources/Alcohol-Use-Statistics

Supporting parents to delay and reduce adolescent alcohol use

The role of schools

Supporting parents to support youth

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Talk Early Talk Often





- To explore the feasibility of delivering an intervention for parents through schools
- Interviews with:
 - Community stakeholders (n=11)
 - School staff members (n=13)
 - Parents (n=28)



Results



- Schools
 - Saw the value in providing information for parents
 - Hindered by a lack of time & resources
 - Link parents with external resources but not run programs themselves
- Parents
 - Not the schools responsibility but it would be useful to get info from schools
- Stakeholders
 - Both parents and schools indicated a need for information alcohol

Alcohol use on WA school premises¹

- Principals are responsible for granting permission for functions to be held on school premises at which alcohol is to be supplied or sold.
- Principals will ensure that all requirements relating to the *Liquor Licensing Act* are met.
- Principals must ensure that community standards and expectations, and the reputation of the school are taken into account in relation to the use of alcohol on school premises.

¹Department of Education, WA http://det.wa.edu.au/policies/detcms/policy-planning-andaccountability/policies-framework/policies/alcohol-on-schoolpremises.en?cat-id=3457100 relation to the use of alcohol on school premises



Alcohol use on school premises¹

- The average number of annual liquor licenses was highest amongst Independent schools followed by Catholic and public schools. ¹
- Alcohol is used in Australian schools for three main reasons:
 - To generate revenue
 - For ritualised or celebratory purposes
 - Recreational usage ²

¹ Ward, B. M., Kippen, R., Munro, G., Buykx, P., McBride, N., Wiggers, J., & Clark, M. (2018). Liquor licenses issued to Australian schools. *BMC Public Health*, *18*(1), 72.

² Munro, G., Buykx, P., Ward, B., Rae, J., & Wiggers, J. (2014). Adult drinking in Australian schools. *Australian and New Zealand Journal of Public Health*, *38*(3), 205-208.



Part two: Parents and students



Supporting Parents to Support Youth project

- Sequential mixed-methods design over 18 months.
- Online cross-sectional surveys n=823
- Year 7, Year 10 and Year 12 students non-government schools (n=5)
- 298 parents of students in these year levels (n=124 childparent pairs)





• Focus groups and interviews (n=41 parents)

Supporting Parents to Support Youth intervention recommendations



- Content should reflect the National Health and Medical Research Council (NHMRC) Alcohol Guidelines¹ for Young People.
- 2. Focus on adolescents' health and educational outcomes, rather than on improving parenting.
- 3. Present practical examples and demonstrations of parenting strategies and behaviours, rather than simply giving information on what parents should and should not be doing.

¹ https://nhmrc.gov.au/health-advice/alcohol



Supporting Parents to Support Youth intervention recommendations





- 4. Intervention messages that empower parents to use strategies that prevent, reduce or delay adolescents' alcohol use.
- 5. Interventions should include a range of strategies/scenarios that are tailored to parents' needs at different stages of their child's development.
- 6. Parent messages should be brief, simple and practical.

Key intervention messages should focus on:





- a. Parents not providing alcohol to their under 18 year old child
- b. Parents making their expectations and rules clear to their child
- c. Parental communication with their child about strategies to resist peer influence to drink and to cope with situations in which they feel uncomfortable related to alcohol use
- d. Responsible parental use of alcohol.

Part three: Intervention for parents of year 7s



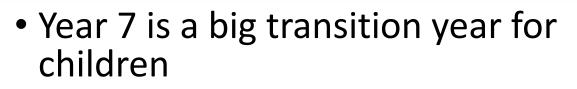
• Talk Early Talk Often

- Intervention group: Alcohol & cybersafety (n=13)
- Comparison group: Cybersafety (n=13)
- Intervention: Family event facilitated by SDERA
- Online parent resources
- Pre-post parent surveys
- Trial to be conducted in 2019





Why alcohol and cybersafety?



- At 13, children are able to use social media platforms, and cybersafety becomes more of a concern for parents
- Alcohol can also start to be offered in their environment – from parents (sips), friends and others
- Use of alcohol and cyber behaviours are also linked, e.g., sharing images and bullying



The messages around alcohol and cybersafety are *almost* the

- Talk Early its never too early to talk about your child's safety
- Talk Often keep talking
- Know the risks
- Set very clear expectations
- Do not supply
 - Sips and tastes can train them to drink more later
 - Internet without filters, passwords protection, privacy settings
- Find the words that work for you





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same ...

Objectives of the project

- Increase number of parents who set clear rules & expectations around alcohol and digital technology use
- Increase parent-child communication
- Increase parent self-efficacy
- Increase number of parents who do not supply alcohol to their children / take positive steps to mediate their child's use of digital technology







What's next?

goals

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- Seeking expressions of interest from schools to participate
- Great opportunity for schools to engage parents at the start of high school
- Schools are supported by SDERA and the research team
- CHAT schools can use this towards parent engagement





Any questions?



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