

Responsible drinking

Helping people make informed choices about alcohol.



Being there for others

Many women find themselves in situations where they can give advice or guidance to others.

Talk about alcohol with your children

Research shows that parents have a great deal of power to guide their children to say 'no' to alcohol if underage, or to drink sensibly and safely once they are of legal age.

Talk to your children early and often so they are well-informed by the time they are subjected to peer pressure to drink too early or to excess.

It is important to be engaged. If you already have a good dialogue with your children about their friends, interests and lives, conversations about alcohol will be more natural and effective.

Rather than lecturing, involve them in discussions, asking open questions about their attitudes. If you have a friend or relative who has medical expertise concerning the risks of drinking too much alcohol, for example a nurse, have them tell your child about it. If the issues come up on TV or in the news, use this as a way to talk to your son or daughter. Ask 'What do you think about this situation?' and 'How would you react?' This encourages them to be open with you and to take responsibility.

Underage drinking

People who are under the legal drinking age should not drink alcohol.

Your children should be knowledgeable about these laws and aware of the consequences if they are not followed. When parents inform their children and set boundaries, children are more apt to follow the rules.

Be a good role model

Children learn by example, and actions speak at least as loudly as words.

The way a parent drinks is a key factor in their children's attitude toward alcohol. Children whose mothers abuse alcohol are much more likely to do so themselves. If you want your children to drink responsibly once they come of age, it makes sense to do so yourself.

Friends and family

You may develop concerns about the behaviour of other adults around alcohol. Your friends, partner or adult members of your family may start to drink in a way that you feel is harmful to themselves or to those around them. A quiet word and a show of concern can help start a dialogue and steer them onto a helpful path.

Don't wait for others to notice and do something. Other people may not be as observant as you are. They may even incorrectly view a friend's drinking as a sign they are coping well under pressure or stress – still 'getting out and enjoying themselves'.

If you are concerned about someone's drinking:

- Talk to them about your concerns when they are sober
- Listen to them and find out why they feel drinking is helping
- If the person is enduring a period of stress (e. g. , bereavement, divorce, job loss) make extra time for them – loneliness is a common reason for drinking too much
- Spend time with the person somewhere where alcohol is not available – go to a day spa, for a walk or to a gallery or movie
- Point out problems their drinking is causing – if it is affecting their relationships, work, or role as a parent, for example
- Become knowledgeable about where your friend or family member can go for counselling or professional help and provide them with contact information – and go with them if they feel they need your support.

www.aboutalcohol.com

These sites contain further information that you may find useful.

Other websites

www.alcoholinfo.nl
www.jellinek.nl
www.trimbos.nl
www.drinkaware.co.uk
www.aa-nederland.nl
www.tactus.nl

www.alcoholondercontrole.nl
www.spreekbeurten.info/alcohol
www.alcoholenik.nl
www.stichting-be-aware.nl
www.verslaving.nl
www.laetzenietverzuipen.nl



For people above legal drinking age only



Don't drink and drive



Don't drink while pregnant

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