

Belrose duo - help educate parents and our youth to be alcohol aware

For many young people, discovering alcohol is often considered a rite of passage to adulthood, however, both parents and their children need to be aware of how to provide a safe party environment and to educate their children on responsible alcohol consumption.

Gitta Johnston and Eva Fraser, Directors of Minimum Harm School Programs will hold a special 'Alcohol and Young People' information session at the German **International School Sydney on Thursday 14 March at 7.30pm**. The discussion will not only provide practical tips on safe partying but also highlight the legal responsibilities parents undertake when hosting parties. The presentation is aimed to prepare both parents and their children to be alcohol responsible and encourage parents to keep an open line of communication with their children. The duo will arm parents with the tools required to make informed decisions when alcohol is in play.

Boasting over 20 years experience in youth issues, Belrose locals, Gitta and Eva conduct school programmes highlighting the issues involved with alcohol and young people. The workshop is specifically designed to bring participants up to speed with the latest statistics related to alcohol induced illnesses and accidents, as well as discuss the dangers involved with binge drinking.

"We support an open line of communication between parents and their teenagers and often suggest a joint agreement is undertaken regarding alcohol. The format should be flexible but include points such as a 'promise to call anytime' for young people; and from the parent's perspective, 'they guarantee not to punish or become too strict even if the call is received at 2am'. In our workshops we encourage parental responsibility as many are unaware of their legal obligations regarding alcohol consumption in the home environment. Underage drinking is illegal and no alcohol should ever be available to underage youth". explains Eva Fraser.

Erhard Seifert, Principal for German International School Sydney is encouraging not only his students and their parents to attend the presentation but also the wider community and explains "As alcohol is easily obtained by underage youth as a community we need to recognise that there are an array of risks involved with this issue. The school needs to be at the forefront, ensuring we provide the wider community with the tools required to tackle underage drinking. We believe the 'Alcohol and Young People' presentation will empower both parents and children, resulting in them making informed decisions and becoming alcohol responsible".

Tips on safe partying

1. Have a clear and individual invite list, not an open house or blanket invitation.
2. Enforce a lock out time ie. no entry after 8.30pm.
3. Definitely no social media invitation
4. Parents / adults should always be visible

Alcohol and Young People ~ Date: Thursday 14 March at 7.30 pm

Location: German International School Sydney, 33 Myoora Road, Terrey Hills. Cost: \$7 or \$12 per family
RSVP: www.germanschoolsydney.com, email: culture@germanschoolsydney.com or phone 02 9485 1900

For more information, photos or to arrange an interview contact:

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