

Media Release

March 2014

ACT families tackling binge drinking with The Other Talk

Parents wanting to learn how to discuss the risks of using alcohol and other drugs with their children have the opportunity to prepare with one of Australia's most experienced drug prevention and education experts.

Geoff Munro from the Australian Drug Foundation (ADF) will host an open forum in Woden on Monday 7 April to help parents learn the best ways to talk with children about drugs and alcohol, and how they can help reduce the chance of their children developing substance problems in the future.

"Research from Deakin University shows rates of teen binge drinking are reduced by 25 per cent when parents set rules not to supply or allow adolescent alcohol use,"* Mr Munro said.

"We want to make it easier for parents to initiate the conversation about alcohol and drugs, and to make their behaviour expectations clear to their children. Feeling informed goes a long way in helping parents get that confidence," Mr Munro said.

Mr Munro said drinking and drugs are often still taboo or difficult subjects within many families.

"This session will show parents how they can use resources available at www.theothertalk.org.au to break down some of that awkwardness and difficulty in talking about alcohol and other drugs," he said.

"Many people think it's better to give your kid some alcohol at home while they're underage so they learn to handle it - but actually the research says this is definitely not the right thing to do. The longer you can delay your teenager drinking, the better. Young people's brains are still developing and drinking early can cause damage.

"We're encouraging parents to talk with their children about alcohol and other drugs because they can deter adolescent drinking and play a vital role in drug prevention."

The Other Talk Forum for Parents

Date: Monday 7 April

Time: 7pm to 8.30pm

Venue: Phillip Room, The Woden Tradies, Launceston St, Woden

RSVP by 2 April: Debbie Simms at debbie.simms@adf.org.au or 0425 754 741

This Forum is brought to you by the Australian Drug Foundation's *Good Sports* Program, working with community sporting clubs to reduce risky drinking across the ACT. www.goodsports.com.au

Geoff Munro is the National Policy Manager at the Australian Drug Foundation. He has worked in the alcohol and other drug field for over 25 years specialising in drug training, drug prevention and community development. He is a co-editor of *Drug Education in Schools: Searching for the silver bullet* and is an author of a chapter in the latest edition of *Drug Use in Australian Society*.

Geoff Munro is available for interview.

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** Deakin University, 15 October 2013, Media Release: [Firm rules by parents can prevent adolescent binge drinking](#), Melbourne.*

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