

**Media Release**

**10 November 2015**

**Having the “other talk” could save our children’s lives**

Drinking and drugs are still taboo subjects within many families but it’s time we started having “The Other Talk”.

Parents in parts of regional NSW wanting to learn how to discuss the risks of using alcohol and other drugs with their children will have the opportunity with one of Australia’s most experienced drug prevention and education experts next week. The Temora Community Drug Action Team (CDAT) will be holding four open forums.

Temora CDAT Chair John Dean said parents have been asking for information and support about how they should engage with their children around issues like crystal methamphetamine commonly known as ‘ice’.

“This is an important opportunity for parents across our region to learn new skills when it comes to talking to their children about alcohol and other drugs,” Mr Dean said.

Australian Drug Foundation (ADF) National Policy Manager Geoff Munro will host the forums to help parents learn the best ways to have “The Other Talk”.

“We know the longer we keep our children from picking up a drink or taking a drug, the less likely they are to form a substance dependency later on in life,” said Mr Munro.

“Many people think it’s better to give their child some alcohol at home while they’re underage so they learn to handle it - but actually all the research says this is definitely not the right thing to do. Young people’s brains are still developing and drinking early can cause damage.

“We’re encouraging parents to talk to their children about alcohol and other drugs, especially ahead of end-of-year parties because parents are the greatest influence on their teenagers. They can deter adolescent drinking and play a vital role in drug prevention.

“At the forums, we’ll walk parents through different scenarios - like what do you do if you find drugs or paraphernalia in your child’s room? How do you bring up the conversation around drugs and what are the signs to look for if you suspect drug use?”

This workshop will address:

- Facts about drugs
- Drug effects on a young person’s brain, body and behaviour
- Risk factors and harms
- Protective influences
- ‘What if’ scenarios
- Positive communication with your child
- Your child’s friends
- Knowing the law
- Support services

## The Other Talk

The Australian Drug Foundation is a non-government, not-for-profit organisation and is widely regarded as one of Australia's leading alcohol and other drugs prevention agencies.

The Other Talk is about Australian families talking openly about alcohol and other drugs. It's an initial conversation and an ongoing understanding that when it comes to alcohol and other drugs, no question is too silly and no topic is off limits. It's about letting your child know that they can come to you to discuss not only drugs and alcohol, but also related issues such as peer pressure, health, parties, safety and expectations. For more information go to [www.theothertalk.org.au](http://www.theothertalk.org.au)

## About Geoff Munro

Geoff has extensive experience in the alcohol and other drugs field having held senior roles in policy, training, education, community development and research in government and non-government sectors. His specialty is drug prevention policy and practice in the settings of educational sporting and other community environments. His publications include training resources, journal papers and books.

## The Other Talk Forums

Location: Coolamon  
Date: Monday, 16 November, 2015  
Time: 6.30pm  
Venue: Coolamon Sports Club

Location: Junee  
Date: Tuesday, 17th November 2015  
Time: 6.30pm  
Venue: Junee High School

Location: Temora  
Date: Wednesday. 18 November, 2015  
Time: 6.30pm  
Venue: Temora High School (park and enter from Gloucester Street)

Location: West Wyalong  
Date: Thursday, 19 November, 2015  
Time: 6.30pm  
Venue: West Wyalong High School

To RSVP for a forum or to find out more information please contact the Temora Community Centre on 02 6978 0500. Registration is free, but please call to book your place.

Media enquiries: 0430 948 380 or [media@adf.org.au](mailto:media@adf.org.au)

***About the Australian Drug Foundation: Celebrating more than 55 years of service to the community, the Australian Drug Foundation is one of Australia's leading bodies committed to preventing alcohol and other drug problems in communities around the nation. The Foundation reaches millions of Australians in local communities through sporting clubs, workplaces, health care settings and schools, offering educational information, drug and alcohol prevention programs and advocating for strong and healthy communities.***

Alcohol & drug information  
Community programs  
Policy and advocacy  
Workplace services