

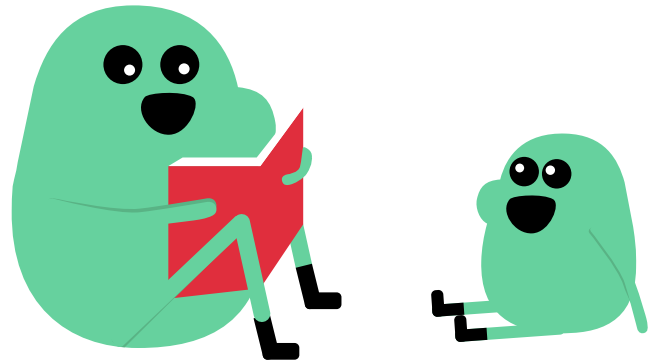
Young Children (0-5 years).

01

Instructions...

In small groups, discuss the practical things you already do, or could potentially do, to strengthen protective factors in these areas:

- Parental knowledge and confidence
- Increased sense of belonging and connectedness
- The value of simple family celebrations



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Parenting: Actions parents can take across the life course

Key considerations when thinking about this age group...

- Risk factors include:
 - family conflict, abuse or neglect
 - alcohol and other drug use in the home or community
 - alcohol advertising
 - lack of supervised activities for young people to access
 - academic or social challenges
- Play is a child's main way of learning and developing and is also a great relationship builder.
- Creating opportunities for a child to connect with caregivers, family and community will help to create a sense of connection and belonging.
- Children learn about positive relationships by observing them. This includes how people interact with them, other children, caregivers, family members and friends.



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Parenting: Actions parents can take across the life course

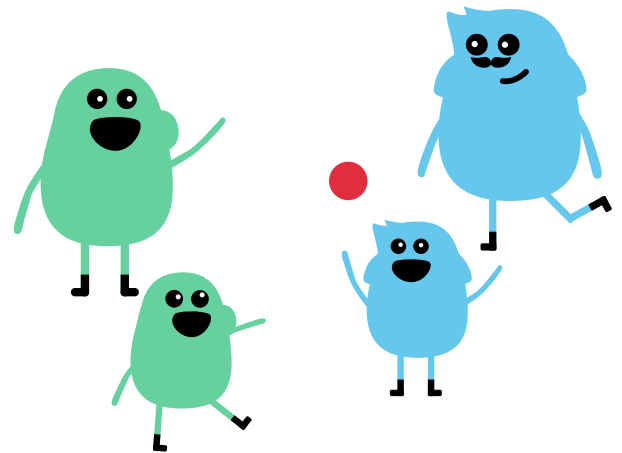
Primary School-Aged Children (6-11 years).

02

Instructions...

In small groups, discuss the practical things you already do, or could potentially do, to strengthen protective factors in these areas:

- Activities to create a sense of connection and belonging
- Connection to positive peer and adult role models
- Age-appropriate drug and life skills education



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Parenting: Actions parents can take across the life course

Key considerations when thinking about this age group...

- Risk factors include:
 - family conflict, abuse or neglect
 - alcohol and other drug use in the home or community
 - alcohol advertising
 - lack of supervised activities for young people to access
 - academic or social challenges
- This is a period of physical, emotional and cognitive change. There will also be changes in social relationships and how young people connect with their family, peers, school and community.
- Engaging young people in supervised activities that create a connection to family, peers, school and community are important to create a sense of belonging. It also works to increase support and resilience.
- Children are seeking identity and independence.
- Parents are the main influence in a child's life until they reach their mid-teens, which is when peers start to become a stronger influence (parental influence is still strong in the long-term).



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Parenting: Actions parents can take across the life course

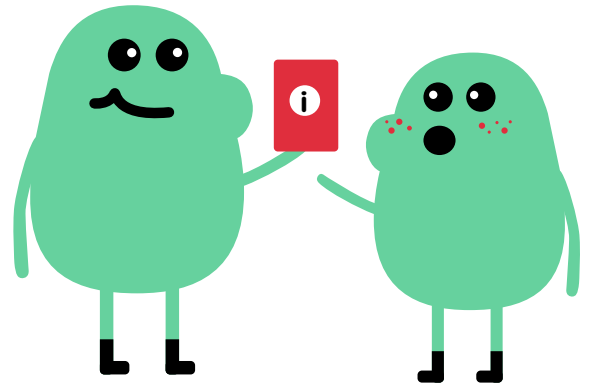
Teenagers (12-17 years).

03

Instructions...

In small groups, discuss the practical things you already do, or could potentially do, to strengthen protective factors in these areas:

- Age-appropriate drug and life skills education
- Connection to positive peer and adult role models
- Supervised participation in recreation and skill building activities



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Parenting: Actions parents can take across the life course

Key considerations when thinking about this age group...

- Risk factors include:
 - low attachment to school and community
 - negative peer influence
 - mental health issues
 - family conflict
 - lack of engagement in supervised activities that expose young people to positive peer and adult role models
- This period is the transition between being a child and an adult. It can be full of conflicting feelings, beliefs and behaviours, and as a result it's a time where more risk factors are naturally present.
- Peers, the Internet and social media are all ways a teenager might learn about the world.
- Clear rules around alcohol use, positive adult and peer role modelling, and parental monitoring are important protective factors.
- Increasing access to supervised recreation and skill building activities help young people learn and grow. It also provides access to important support networks that create a sense of connection and belonging.



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Parenting: Actions parents can take across the life course