

Actions parents can take across the life course.

While there is no guaranteed strategy to prevent or delay alcohol use by all young people, adults can have a positive influence in many ways. Here are some simple things that you can do to help reduce a young person's lifetime risk of AOD use and protect against AOD harms:

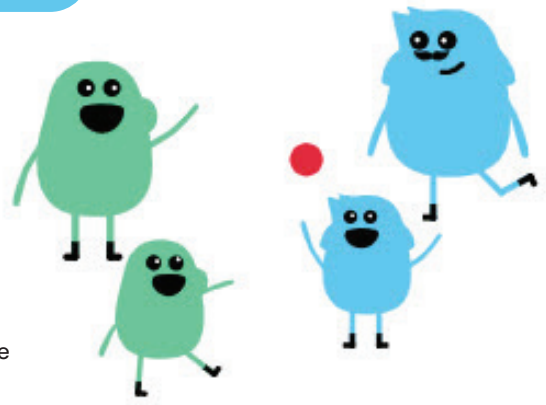
Young Children (0 - 5 years)

Protective factors:

- Increased parental knowledge and confidence
- Increased sense of belonging and connectedness
- The valuing of simple family celebrations.

Actions:

- Create opportunities for a child to connect with caregivers, family and community. This will help to create a sense of connection and belonging
- Provide opportunities for a child to observe and participate in positive relationships. A caring relationship with at least one parent or caregiver is critical
- Play is a child's main way of learning and developing and is also a great relationship builder
- Value family celebrations and rituals to help develop the child's sense of connection to the world.



Primary School-Aged Children (6 - 11 years)

Protective factors:

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

Actions:

- Engage young people in supervised activities that create a connection to family, peers, school and community to create a sense of belonging. It also works to increase support and resilience
- Provide opportunities for community connection – this might be through school, family or sports activities
- Support your child in age-appropriate drug and life skills education by familiarising yourself with evidence-led information to reinforce what they've learned or answer any questions they may have.



Parenting Actions parents can take across the life course.

Teenagers (12 - 17 years)

Protective factors:

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

Actions:

- Support your child in age-appropriate drug and life skills education by familiarising yourself with evidence-led information to reinforce what they've learned or answer any questions they may have
- Provide access to supervised recreation and skill building activities to help young people learn and grow. They also provide access to important support networks that create a sense of connection and belonging
- Establish family rules and have clear boundaries around alcohol use. Reinforce this by providing positive role modelling and developing a healthy relationship with your child.



ADF

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