



MORNING TEA WITH THE PRINCIPAL

8 JUNE 2022

GEOFFREY FOURACRE





MORNING TEA WITH THE PRINCIPAL

RESOURCES:

<https://www.betterhealth.vic.gov.au/health/healthyliving/how-alcohol-affects-your-body>

<https://www.betterhealth.vic.gov.au/health/healthyliving/alcohol-teenagers#teen-alcohol-usage-statistics>

<https://positivechoices.org.au/>



<https://www.health.gov.au/health-topics/alcohol/alcohol-throughout-life/alcohol-and-young-people>

<https://adf.org.au/talking-about-drugs/parenting/talking-young-people/alcohol-young-people/>



<https://ndarc.med.unsw.edu.au/>





MORNING TEA WITH THE PRINCIPAL

- **Our students are under a lot of pressure – how is that pressure going to show itself?**
- **All schools reporting increases in behaviour related issues**



MORNING TEA WITH THE PRINCIPAL

Which type of alcoholic drink are teens most likely to use:

- **Beer**
- **Wine, including sparkling (fizzy) wines**
- **Cider**
- **Spirits (e.g. vodka, gin, rum, bourbon, whisky)**
- **Liqueurs (e.g. coffee, hazelnut or melon flavoured alcohol)**
- **Pre-mixed drinks; e.g. cans of bourbon and cola, bottles of vodka or rum mixed with soft drink, vodka mixed with chocolate milk)**
- **Fortified wines (e.g. port, sherry)**



1

30 ml Shot
40% alc/vol

1.1

275 ml
Full Strength
Pre-mix
(e.g. Bacardi Breezer,
Vodka Cruiser)
5% alc/vol

1.2

330 ml
Full Strength
Pre-mix
(e.g. Smirnoff Ice,
Lemon Ruski, UDL)
5% alc/vol

1.8

330 ml
High Strength
Pre-mix
(e.g. Cruiser/Ruski/
Smirnoff "Black")
7% alc/vol

10

2 litres
Cask of Pre-mix
(e.g. Smirnoff Mixes)
5.7% alc/vol

1.5

375 ml
Full Strength
Pre-mix
(e.g. Jim Beam
& Cola)
5% alc/vol

1.7

440 ml
Full Strength
Pre-mix
(e.g. Woodstock
Bourbon & Cola)
5% alc/vol

2.1

375 ml
High Strength
Pre-mix
(e.g. Jim Beam
"Black" & Cola)
7% alc/vol

22

700 ml
Bottle of Spirits
(e.g. vodka, bourbon)
40% alc/vol



MORNING TEA WITH THE PRINCIPAL

Underage drinking is widespread in Australia, and rates of “high risk” drinking are high. In 2017, 27% of young people used alcohol in the past month. Amongst those who drink in the 12-17 age group;

- One in four report drinking five or more alcoholic drinks in a single session in the past month (23%).
- Almost one in three reported they did something they later regretted (28%)
- Most (59%) could think of at least one negative outcome related to their drinking, such as vomiting, using other drugs or getting into an argument.
- More than one in five (22%) or 4.4 million Australians were victims of an alcohol-related incident in 2016. This includes feeling fearful of someone who is under the influence of alcohol, as well as verbal, physical and sexual assault.
- In 2016, 15% of Australian adolescents had binged (11+ drinks per session) at least monthly.
- In 2019 - 2.8% of 14–17y.o. drink weekly (while for the 18–24 age group, the figure is 27.9%).
- around 5% of Australian secondary school students drank more than 4 drinks on one day in the previous 7 days.

EFFECTS OF ALCOHOL

IMMEDIATE

- Drowsiness
- Feeling of relaxation
- Loss of inhibitions
- Confusion
- Loss of consciousness

- Slower breathing

- Slower heart rate

- Nausea
- Vomiting

- Dehydration
- Unsteadiness, loss of coordination
- Risky behaviour (e.g. unsafe sex)

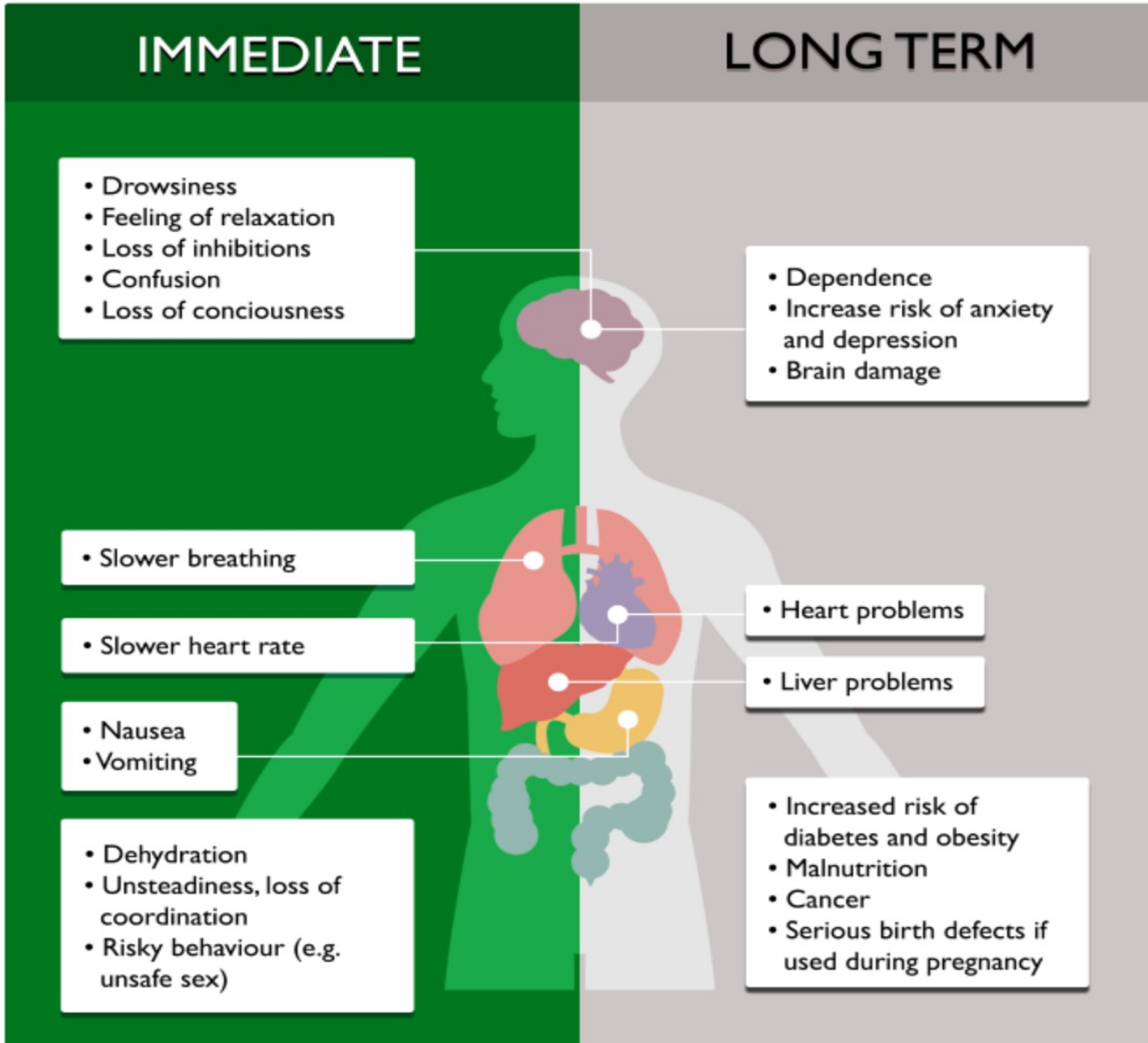
LONG TERM

- Dependence
- Increase risk of anxiety and depression
- Brain damage

- Heart problems

- Liver problems

- Increased risk of diabetes and obesity
- Malnutrition
- Cancer
- Serious birth defects if used during pregnancy





MORNING TEA WITH THE PRINCIPAL

Main reasons that young people drink;

- To have fun and socialise.
- To experiment
- To be “adult” or as a perceived adult right of passage
- To fit in with your friends / peer pressure
- They are stressed about... (exams, relⁿships, home, covid etc.)
- They feel anxious and/or depressed



MORNING TEA WITH THE PRINCIPAL

Younger people are particularly vulnerable to alcohol related harms for several reasons.

- They are experiencing profound physical and emotional changes;**
- They are heavily influenced by role models;**
- They may engage in increased risk-taking, and;**
- Their brains are still developing and therefore sensitive to even low amounts of alcohol.**



MORNING TEA WITH THE PRINCIPAL

- Drinking is part of Australia's culture
- Adolescents have traditionally sought access to alcohol as a badge of, or entry to adulthood.
- It is a particularly risky time - because of the substantial development occurring in the brain
- Several regions of the brain are undergoing development during adolescence – they are “particularly sensitive to even very low doses of alcohol.”
- Exposure to alcohol during adolescence can mean a young person never reaches their full intellectual potential.
- Drinking alcohol during adolescence increases the risk of problematic drinking in the future.



MORNING TEA WITH THE PRINCIPAL

- Alcohol is the most common drug in Australia, and it's the drug most commonly used by young people.
- Alcohol contributes to all the leading causes of death for young people; suicide, road accidents, accidental poisoning, and assault.
- Of the young Australians aged 14–19 years who are drinking at risky levels, 83% reported being injured as a result of that drinking in the past year.
- Early drinking, even sips or tastes, is connected to earlier and more harmful patterns of alcohol consumption.
- Long-term alcohol consumption is linked to six different types of cancer, cardiovascular disease, and liver disease.



MORNING TEA WITH THE PRINCIPAL

How parents can encourage responsible drinking

Studies have shown that the most influential role models for children are their parents and carers. Children learn by imitation, so it is important to demonstrate sensible drinking behaviour such as:

- ✓ Drink moderately or not at all.
- ✓ Don't drink every time you socialise.
- ✓ Never drink and drive.



MORNING TEA WITH THE PRINCIPAL

As parents and carers, you can't prevent young people from experimenting with alcohol, but you can:

- ✓ Be a good role model.
- ✓ Teach your child about alcohol from an early age.
- ✓ Help them to understand that stress can be dealt with in healthy ways that doesn't involve alcohol.
- ✓ Explain the downside of heavy and binge drinking
- ✓ Educate your teenager on the links between drinking and risky behaviour, and how alcohol impacts the ability to make decisions.
- ✓ Teach your teenager sensible tactics – how to say no, sticking to the standard drink recommendations, pacing themselves, alternating alcoholic drinks with non-alcoholic drinks and not drinking on an empty stomach.
- ✓ Talk about the dangers of drink-driving – plan some alternatives (such as catching public transport, designated drivers or calling home).
- ✓ Encourage your teenager to talk with their friends about alcohol, so they can come up with ways to look out for each other.



MORNING TEA WITH THE PRINCIPAL

- Orana response – treat each child and each situation as unique
- We will work with the student and with the family
- Students caught with alcohol at school or intoxicated can reasonably be expected to be suspended – with other sanctions
- Students caught selling alcohol (or any illicit drug)?