**SESSION EIGHT - INFORMATION SHEET ONE**

**57% of young people in Lancashire say that they get their alcohol from their parents/carers. Do you think this is a good way to introduce young people to alcohol or are their parents their 'suppliers' ?**

C:\Users\bbooth001\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\ZUU3JC1O\MC900036470[1].wmfIt is a parent/carer’s role to help our children to grow into responsible individuals who can make good decisions.

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Is it okay to drink for parents/carers to drink

in front of their children?

Research shows that from a young age children learn about acceptable behaviour by observing and copying their parents/carers, so when it comes to drinking, it really is a case of leading by example.

What they see at home helps children think about how they’ll drink alcohol as an adult. So, just as children learn to walk and to talk like their parents/carers, they learn how to drink like them too. For example, there’s evidence that children whose parents/carers drink moderately in front of them are less likely to drink to excess.

Should parents/carers let their children try an alcoholic drink so that they don’t feel left out?

The Chief Medical Officer's guidance tells parents;

* that an alcohol free childhood is best. Children shouldn't drink before they're 15
* Young people should only drink when supervised by an adult
* If 15-17 year olds drink, it should only be once in a while and definitely no more than once a week. They should never exceed adult recommended daily limits
* Parents should be aware of their influences on children's alcohol misuse