

Discussion guide



The Other Talk is about families talking openly about alcohol and other drugs. It's about parents discussing the facts around these substances and explaining their beliefs on young people using them with their children.

It can be difficult having these conversations, but if parents get together to discuss different approaches and swap tips they can help each other.

Anyone can organise and facilitate a parents' discussion group. This discussion guide has been developed to help you run a session. You don't need to use all the questions below, just the ones you think are appropriate.

You can use The Other Talk booklet (available from TheOtherTalk.org.au or T: 1300 858 584) as part of your discussion.

Questions for discussion

Consider the facts, statistics and laws

- What do people know about how alcohol affects a young person? (page 6)
- What do people think about allowing their children to drink alcohol? What age would (or did) you allow them to start drinking?
- 40% of the alcohol consumed by underage drinkers is given to them by parents. Why do people think this is?
- What implications could secondary supply laws have on adults or minors giving alcohol to anyone who's underage? (page 12)
- How many young people take other drugs? (page 7)
- What do people know about the effects of other drugs? (pages 8-9, information on more drugs available on TheOtherTalk.org.au)
- What do people think about allowing their children to use other drugs?

Discuss how to have The Other Talk

- What stops people from talking about alcohol and other drugs with their children?
- How are people currently talking to their children about alcohol and drugs? What are good questions to ask children to get the conversation going?
- How are people already guiding their children on other tricky topics? How could these tactics be adapted to talk about alcohol and other drugs?

Swap safe partying tips

- Why do people think young people are drinking before they turn 18? Consider boredom, to get confidence, peer pressure, adult role modelling, culture, media etc. What could parents do to reduce the likelihood that their children will want to drink?
- How could parents ensure parties are safe? Consider talking to each other. (pages 10-15)
- What safe partying tips do people give their children? Which ones have worked well? (Safe Partying Guide for young people available through TheOtherTalk.org.au or T: 1300 858 584)

Discuss positive role modelling

- What do people do to role model responsible drinking or what are good examples that you have seen?
- Do people think they should tell their children about their experiences with alcohol and drugs? (see page 5)