

**Dads’ Events - Discussion Topic 2.**

***Alcohol & Drugs*** ***– Primary School Children***.

1. Ask men to sit in small groups i.e. 3 – 6.
2. Introduce the format and topic e.g. ***Alcohol & Drugs*** ***– Primary School Children***. Ideally this is one selected by the majority of the men beforehand i.e. at the previous event.
3. Play short 4 minute video “***Alcohol & Drugs*** ***– Primary School Children”*** to get men thinking. Link - [Alcohol & Drugs - Primary School](https://vimeo.com/136677304)
4. Stop video (after approx. 2min 25 sec) when narrator says, ***“What would you do in this situation***?
5. Ask men to discuss the video and topic.
6. Men share ideas with whole group
7. Start and complete video.
8. Ask men to discuss the whole video and topic.
9. Men share ideas with whole group.
10. Leader presents a few facts and expert tips for men to consider.
11. Men decide on what actions they commit to undertake in the weeks before they meet again.
12. Leader encourages them to try ideas and strategies to see if any impacts with children.
13. At next event men report back on progress, outcomes, differences, etc.
14. Discuss and agree on next topic or range of topics (e.g. 4) to discuss over the next year or so.
15. Thank & congratulate the men, end the session and return to activity or dads leave the venue.

**KEY POINTS FOR LEADERS TO HIGHLIGHT.**

*For children and young people under 18 years of age, not drinking alcohol is the safest option.*

*A. Parents and carers should be advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking alcohol is especially important.*

*B. For young people aged 15−17 years, the safest option is to delay the initiation of drinking for as long as possible.*

* ***Talk early & talk often*** – the earlier you start to discuss openly then more chance of success when they are teenagers.
* ***Be honest & open –*** talk from your own experience relative and appropriate to their age and interest.
* ***Share thoughts*** – ask them how they feel, what they’ve seen or know about drugs & alcohol?
* **Really listen & keep calm –**really listening needs practice & effort because most people are poor listeners. Let child finish before giving your opinions & suggestions. If you don’t like what you hear stay calm and demonstrate an appropriate way to act when faced with a situation that makes you angry or upset.
* ***Be Non –Judgemental*** – Don’t judge, stick to the facts, define boundaries and ask open-ended questions.