

**Dads’ Only Events - Discussion Topic 1.**

***Alcohol & Drugs - Teenagers***

1. Ask men to sit in small groups i.e. 3 – 6.
2. Introduce the format and topic e.g. ***Alcohol & Drugs*** ***– Teenagers***. 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*** ***– Teenagers”*** to get men thinking. Link - [Alcohol & Drugs - Teenagers](https://vimeo.com/135020182)
4. Stop video (approx. after 2min) 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. Leader may like to play a Podcast from Dr Bruce Robinson titled ***“Big W”*** which discusses building children’s self esteem and making the feel ***Worthwhile*** which will help them deal with difficult situations.
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 (i.e. primary school years) to discuss openly then more chance of success when they are teenagers.
* ***Rules & consequences*** – clear rules and appropriate consequences are essential to all aspects of parenting. However both parents (living together or separate) must apply both consistently. Never argue about these in front of kids, if you don’t agree discuss in private later.
* ***Kids help make the rules –*** involve children in making the rules & consequences and they will feel valued, empowered and more likely to follow them
* **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.
* ***Help them to say NO! -*** Discuss ways to say no. Agree on phrase to say in social situations when offered drugs or alcohol;
* “No thanks, I’ve got work/sport tomorrow”
* “No thanks, I’ve don’t feel like it (or have a headache)”
* “No thanks, I’m not into that stuff.”
* ***Be there for them, unconditionally*** – If they need you to be there make every effort to get there, no questions asked, even if it’s 2.30am or in the middle of a great game on TV? If the behaviour is not appropriate discuss later (e.g. the next day) not in the car coming back from town in the middle of the night!