



Registered Charity 1138775

Newsletter

for Parents



December 2013 Ed4

Dear Parent

The Party Season is approaching, bleak November is over, and we've started the countdown to Christmas! A month of over indulgence before we start those New Year resolutions beckons!

We've got some helpful tips if you want to have a good time but stay in control and be good role models to the kids - especially as those wine glasses seem to get bigger, and was that a top up, or am I still on the same glass?!

Take a look at [AET Parent Pages](#) for reminders and useful tips for yourself and for talking to kids, or view this short film clip on ['how much is too much?'](#) Plus improve your knowledge on units per alcoholic drink per glass [here](#), click on the picture to enlarge.

How many units in a drink?

1 = A small bottle (275ml) of lower strength (4% alc/vol) lager, beer or cider; A half pint of lower strength (4% alc/vol) lager, beer or cider; A single measure (25ml) of spirit (40% alc/vol).

2 = A standard glass (175ml) of lower strength (12% alc/vol) wine or champagne; A pint of lower strength (4% alc/vol) lager, beer or cider; A 500ml can of medium strength (4.5% alc/vol) lager, beer or cider; A double measure (50ml) of spirit (40% alc/vol).

3 = A pint of medium strength (5% alc/vol) lager, beer or cider; A large glass (220ml) of lower strength (12% alc/vol) wine; A large bottle (750ml) of lower strength (4% alc/vol) lager, beer or cider.

4 = A large bottle (1000ml) of higher strength (5.5% alc/vol) lager, beer or cider; A 500ml can of higher strength (12% alc/vol) lager, beer or cider.

Know your limits
Most drinks tell you how many units are in them.
Units of alcohol per 100ml spirit

Know your limits
The UK Chief Medical Officers recommend that adults do not regularly exceed:
2-3 units a day for women
3-4 units a day for men

Watch those dark nights

Do you have the worry of your teenager learning to drive, or having just passed their test? (I have). If the dark nights and black ice aren't enough to worry about, lifts to and from parties with friends driving, if they're not driving themselves, are such a worry.



You can download a fact sheet to discuss with them [here](#). But where possible, do arrange for them to get home by taxi or public transport, or collect them yourselves if you can. It's also important to remember if anyone's been drinking the night before and are planning to drive the next morning, that **it takes an hour for your body to break down each unit of alcohol** (that's half a pint of beer, one shot or roughly half a small glass of wine) - so if they stopped drinking at midnight and plan to drive the next morning, they could easily be over the limit. There's a fun 'clock' you can suggest they have a go on [here](#)

MORNING AFTER

When will you be safe to drive?



Christmas celebrations

You may have read in the press over the last week about parents being the key suppliers of alcohol to those under the legal drinking age, and calls to 'publically shame' parents who knowingly supply their children with alcohol. Just remember over Christmas that there's a world of difference between a sip or little bit in a glass and a whole drink. Most teenagers first whole drink takes place in the family home, or at a family celebration with parental supervision - and that's just how it should be - but ideally not until the age of 15 at least - as our children's livers and brains are not fully developed and so do not break down the toxins in alcohol in the way adults can. You can read the Chief Medical Officers guidance for parents on teen drinking [here](#).



If your teenager's off to a Christmas party, or if you're thinking of hosting a party for them and their mates for the first time, do take a moment to read our tips - these are from the wisdom of dozens of parents who've learnt the hard way! Take a look via [Holding a Party](#) or [Going to Parties](#)

'Just a Few Drinks' BBC films win a BAFTA!

We're absolutely thrilled that the four short films about the experiences of four youngsters and alcohol were awarded a [BAFTA](#) last week! These are a great way to start a conversation with you teenager - if you have a chance do take a look at [BBC Learning 'Just a few Drinks' film clips](#). They are true stories and we deliberately chose situations that kids could see happening to them rather than extremes or shock tactics.

Help raise charitable funds whilst shopping online



Shopping Online for Christmas?

John Lewis
M&S
Entertainer

Argos play.com
amazon next

Every gift you buy will generate a **free cash donation** if you shop via **TheGivingMachine**.

To make a difference visit

www.TheGivingMachine.co.uk

Institute of Fundraising Click, Shop, Give for Free Social Enterprise

At the Alcohol Education Trust we want all our resources and support to be free of charge to everyone - but we still need money to be able to do this! We have therefore joined over 6,000 charities and schools on the sales commission website TheGivingMachine.co.uk. Sign up as a Giver, choose up to 4 beneficiaries (AET and your children's school?) who you would like to receive a proportion of the sales commission the hundreds of retailers give the site for directing shoppers to their online shops. It's so easy! Click [here](#) to sign up and start shopping and donating – just remember to have [TheGivingMachine](http://TheGivingMachine.co.uk) as your favourite website and always start shopping from their site! Thank you in advance for your support.

Are you a member of a PTA or a School Governor?

If so, why not arrange for a 'talk about alcohol session' for parents to be held in your school? These are very relaxed and can form part of a meet the tutor evening, parents evening, or as a PTA social. Email Jane@alcoholeducationtrust.org if you'd like to arrange something for next year.

Any questions?

Part of our job is to answer any worries you may have - either email in confidence to jane@alcoholeducationtrust.org or tweet Sandra via [@AETParentHelp](https://twitter.com/AETParentHelp) and share your experience, frustrations and also good news stories, via our on line forum [facebook/AET](https://facebook.com/AET) and [facebook/FamilyTalkUK](https://facebook.com/FamilyTalkUK). There are also some great chats on youtube via YouTube.com/FamilyTalkUK

For further information on any of the above please contact

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