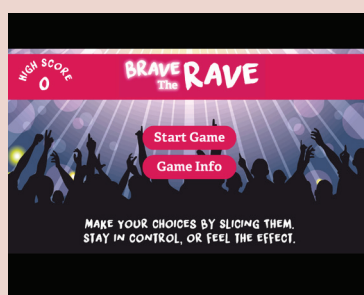


Can you believe it's February already and nearly half term?  
At least the days are getting longer and Spring is in sight!

We've been very busy over Christmas finishing our resources for children with Special Educational Needs, which are now available for schools across Greater London, with a view to raising funds to roll them out across the UK.

Email us at [info@alcoholeducationtrust.org](mailto:info@alcoholeducationtrust.org) if you'd like to know more.



Our new Talk About Alcohol website is now half way through development too, so the rather old fashioned one you currently see via [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com) is going to look completely different, with interactive games, quizzes and short films. We will be ready to go live in May, so watch this space!

## New low risk drinking guidelines issued by The Chief Medical Officer

As I'm sure you will have read, in early January The Chief Medical Officer Dame Sally Davies, issued revised guidelines around how much alcohol it is safe to drink, based on the latest medical evidence. Since 1995, there have been daily guidelines – of 2-3 units for women and 3-4 units for men. The guidelines are now based on our lifetime risk of contracting an alcohol related illness as a result of our drinking. The new low risk guidelines find that, if men or women drink 14 units a week or less, the increase in risk is less than 1%.

WHAT DOES 14 UNITS LOOK LIKE?					
A pint of beer, lager or cider at 4% abv (2.3 units)		x 6	A 330ml bottle of beer, lager or cider at 5% (1.7 units)		x 8
A 50ml measure (double) of spirits at 40% abv (2.0 units)		x 7	A 125ml glass of sparkling wine at 11% (1.4 units)		x 10
A 175ml glass of wine @ 12% abv (2.1 units)		x 6			

The guidance recommends we should spread our drinking over the week with some alcohol free days – i.e. so we don't binge drink! You can read a summary of the new guidance [here](#).



## Have a go at our five questions about young people and alcohol!

How often do you reckon teenagers get drunk? - and what is the average age of a whole drink? Have a go at the five simple questions via the parent area of our [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org) website and see if you're right! You can link directly [here](#).

We've also got some great voting handsets now so that we can ask parents to have a go at the questions during our talks. It's taken us a while to get used to the technology, but they're great fun and very clever!



Test your knowledge on young people's drinking in the UK

Question 1 of 5

How many 11-15 year-olds say they haven't tried alcohol? (i.e. consumed a whole alcoholic drink)

☐ A) 71%  
☐ B) 62%  
☐ C) 43%  
☐ D) 34%

Next >

## Parent Info website

Do take a minute to visit the website Parent Info, which is a collaboration between Parent Zone and The Child Exploitation and Online Protection Centre (CEOP) - part of the National Crime Agency.

CEOP reaches over three million children and young people a year through its ThinkUknow education programme and regularly conveys its vital online safety messages to over 100,000 practitioners (such as social workers, teachers and police officers) registered to their network. Practitioners cascade these messages directly to children and young people.

There's lots of advice including how to keep kids safe on line, sex and relationships and how to stay safe around alcohol, based on our work – do take a moment to have a look, the main website address is: [www.parentinfo.org](http://www.parentinfo.org)



## New charity champion!

We are thrilled to welcome Ansvar as a new supporter of our work. Ansvar means 'responsibility' in Swedish. Dating back to 1932, the company is a specialist in commercial policies for the not-for-profit sector – charities, churches and voluntary groups who make a positive contribution to society.



Commenting on their support of the AET, Ansvar stated "We have developed to become one of the UK's leading charity insurers, donating a share of our profits to charities involved in alcohol and drug education and rehabilitation, particularly for young people".

AET resources comprise of [www.alcoholeducationtrust.org](http://www.alcoholeducationtrust.org) and [www.talkaboutalcohol.com](http://www.talkaboutalcohol.com), a Teacher Workbook, booklets 'Alcohol and You' for 15yrs+ and 'Talking to Your Kids About Alcohol' parent and carer guide. We offer teacher CPD workshops and parent information talks.

For further information on any of the above please contact

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