



UNSW  
SYDNEY

NDARC  
National Drug &  
Alcohol Research Centre

The Difference is Research

## Thank you!

The Drinking and Teens Project is now in its

**10<sup>th</sup> year**

and remains one of the longest running studies of youth alcohol behaviours in the world. This would not have been possible without the commitment of our participants – the Drinking and Teens Team truly appreciates your continued support of our research! To show our appreciation for your time, we will be continuing to **reimburse you \$50** for completing our surveys.

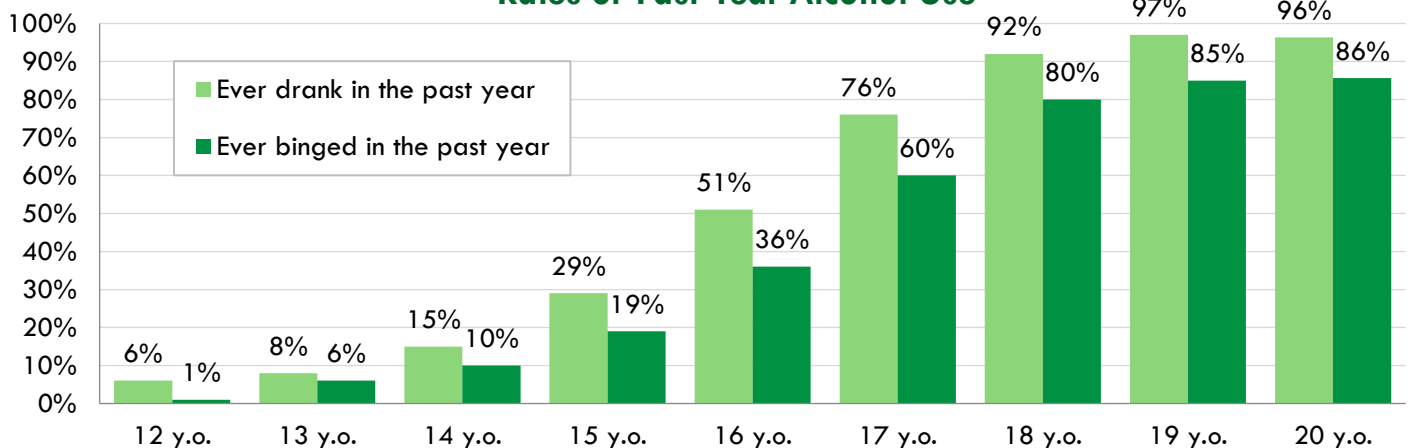
Your experiences in early adulthood are vital for us to understand the factors which influence the way that you and your friends use alcohol and how your experiences with alcohol during adolescence influence you as young adults.

If you would like to see more information about this study, including a list of research papers that we have published using the data collected so far, please visit our webpage via [bit.ly/apsals](http://bit.ly/apsals). If you would like to read any of these papers, please let us know and we'd be more than happy to provide you with an electronic copy.

### Alcohol use in early adulthood

The graph below shows the percentage of people in our study who reported drinking and bingeing (drinking more than 4 drinks in one session) each year from 12 years old through to 20 years old. The majority of people who consumed alcohol reported drinking between 1 and 4 standard drinks on a drinking occasion. The number of people bingeing has started to flatten out, with around 86% of people having reported drinking 4 or more standard drinks on at least one occasion in the past 12 months compared to 85% at age 19.

Rates of Past-Year Alcohol Use



### What to do when someone is passed out

1. **Call 000** if they are not breathing regularly, if they have vomited a lot, if they look very pale, or if they are injured.
2. Check whether they have anything in their nose or mouth that is blocking their airways – this includes their tongue!
3. Carefully lie them on their side with their head tilted towards the ground and their chin away from their neck so that if they vomit while unconscious, they won't choke.
4. Ensure that they stay warm by putting a blanket or piece of clothing over them.
5. Make sure that there is always someone keeping an eye on them.



## Feedback from participants

Your input is very much appreciated! We've been working to address any concerns you've raised about the survey. Here is a summary of the most common issues and a response from our team:

- **Request to see your past responses**  
As your responses are de-identified (we assign you an anonymous ID number so that your name is never attached to your data), we are unfortunately unable to show you your data from previous years.
- **Questions are repetitive**  
While it may seem as though we are asking you the same thing over and over, our questions tap into behaviors that have very subtle differences. It is also very important that we use the same (or very similar) questions each year so that we can compare responses year-by-year.
- **More mental health and substance use questions**  
We have improved our questions this year and included some of your suggestions.
- **Improve the wording of questions**  
Some questions were flagged as being exclusionary – we have attempted to reword these to be more inclusive.

## Recent findings

We recently published some new findings using data that we collected from 12 years of age until 18 years. We found that adolescents who were given alcohol by their parents between age 12 and 15 were more likely to drink more alcohol than adolescents who didn't receive any alcohol from their parents. However, adolescents who were given alcohol by their parents between age 16 and 17 did not drink more than adolescents who didn't receive any alcohol from their parents. If you'd like a copy of this paper, please feel free to let us know via the details below!



ELSEVIER

### Drug and Alcohol Dependence

Volume 204, 1 November 2019, 107529



Full length article

## Parental supply of alcohol as a predictor of adolescent alcohol consumption patterns: A prospective cohort

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## Interviews

You may have been contacted for a telephone interview with our team or be invited to do so over the coming years. We are collecting some more in-depth information about your alcohol use in this interview. You will be reimbursed for completing this interview with us.

## JB HiFi vouchers

*Congratulations to the winners!* For the 9<sup>th</sup> wave of data collection, we offered you a chance to win one of ten **\$500 JB HiFi vouchers**. If you completed your Wave 10 survey before the closing date, you will also be in the running to win a voucher this year – Good Luck!

## Update your contact details

Please let us know if you have:

- New emails, phone numbers, and addresses
- Any relatives, friends, or a partner we can reach you through if we can't find you
- Been receiving a paper survey and would like to change to the online version

## Need help?

If you need someone to talk with, please contact any of these 24/7 helpline services:

- **Lifeline on 13 11 14**
- **Kids Helpline (ages 5 to 25) on 1800 55 1800**
- **beyondblue on 1300 22 4636**

If you have any concerns about the study, please also feel free to contact us via the details below.



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