



The Drinking & Teens Project

Drinking & Teens in the media!

We have been sharing our latest findings in the media lately – maybe you would have seen or heard us? The study was recently discussed on:

- Seven News
- The Today Show, Channel 9 news bulletin
- The Australian
- The Herald Sun
- The Canberra Times
- ABC Far North QLD Radio
- 3AW Radio

...among others!

Teens' sips could lead to bingeing

NATASHA ROBINSON
HEALTH EDITOR

Parents who give their adolescent children sips of alcohol in the belief that it will prevent binge drinking could be setting up the teenager for a future of alcohol abuse instead.

A new report by researchers at the University of NSW's National Drug and Alcohol Research Centre

"Sipping" is the most common form of alcohol consumption among children and young adolescents, is usually supervised, and is associated with child perceptions of parental approval and familial modelling of alcohol behaviours.

While parents supplying larger amounts of alcohol is associated with worse outcomes, even supplying relatively small quantities such as sips increases the risk of adverse outcomes for adolescents relative

The Canberra Times | News

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AUGUST 14 2020 - 12:00AM

Giving teenagers just a sip of alcohol leads to bigger drinking risk, study finds

Andrew Brown

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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.



UNSW
SYDNEY

NDARC

National Drug &
Alcohol Research Centre

The Difference is Research

Thank you!

The Drinking and Teens Project is now in its

11th 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 or scan the QR code on the next page. 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.

Recent findings

Our team recently published some new findings from the study:

- We found that even parental provision of sips of alcohol during adolescence is associated with a greater risk of later binge drinking (Aiken et al., 2020)
- Parental supply of alcohol during adolescence appears to increase the risk of receiving alcohol from other sources in subsequent years (Boland et al., 2020)
- Adolescents whose parents supply them with alcohol appear to have an increased risk of alcohol-related harms compared with adolescents whose parents do not supply them with alcohol, and the risk appears to increase with earlier initiation of supply (Clare et al., 2020)

If you'd like a copy of any of these papers, please let us know via the details below!



Contents lists available at ScienceDirect
Drug and Alcohol Dependence
journal homepage: www.elsevier.com/locate/drugalcdep

Parental supply of sips and whole drinks of alcohol to adolescents and associations with binge drinking and alcohol-related harms: A prospective cohort study

Alexandra Aiken^{a,*}, Philip J. Clare^a, Veronica C. Boland^a, Louisa Degenhardt^a, Wing See Yuen^a, Delyse Hutchinson^b, Jackob Najman^c, Jim McCambridge^d, Tim Slade^e, Nyanda McBride^f, Clara De Torres^a, Monika Wadolowskiⁱ, Raimondo Bruno^{g,a}, Kypros Kypris^h, Richard P. Mattick^a, Amy Peacock^{b,g}

Drinking & Teens during COVID-19

COVID-19 has impacted the way we've been able to do some things here at the project.

A big THANK YOU to all our participants for your understanding and cooperation during this time! It's only with your help that we have been able to keep this important study running.

- Thanks to the participants who swapped to online surveys and reimbursements
- We are now reimbursing you with a \$50 online bank transfer, or an online Giftpay voucher
- Thanks to the group of participants who were invited to complete a Special Edition COVID-19 survey about the impact of the pandemic on your mental health and drinking habits. We are currently analysing the results and writing papers about the impact of COVID-19 on young Australians.



JB HiFi vouchers

Congratulations to the winners!

For the 10th wave of data collection, we offered you a chance to win one of ten **\$500 JB HiFi vouchers**.

If you completed your Wave 11 survey before the closing date, you will also be in the running to win a voucher this year – Good Luck!

Interviews

You may have been contacted for one of two further telephone interviews with our UNSW team and/or our USyd team, or be invited to do so over the coming years. We are collecting some more in-depth information about your mental wellbeing as well as alcohol use in these interviews. Thank you so much for your participation so far! You will be reimbursed for completing any additional interviews with us.

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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