



UNSW
SYDNEY

NDARC
National Drug &
Alcohol Research Centre

The Difference is Research

Thank you!

The Drinking and Teens Project is now in its **9th** year and is 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 really appreciates your continued support of our research!

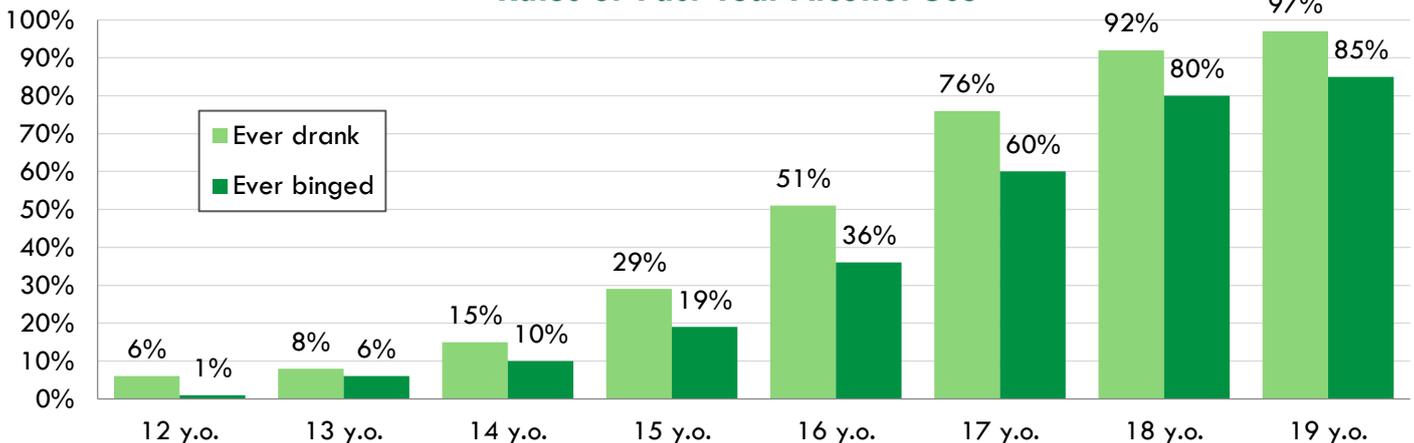
Due to the importance of this study, our project has recently received additional funding from the National Health and Medical Research Council. Your experiences in early adulthood are vital for us to understand the factors which influence the way that you and your friends use alcohol and how your experiences with alcohol during adolescence influence you as young adults.

We understand that adulthood comes with many responsibilities which keep you very busy. To show our appreciation for your time, we are **reimbursing you \$50** for completing our surveys from now on.

Alcohol use in early adulthood

The graph below shows the percentage of people in our study who reported drinking and bingeing each year from 12 years old through to 19 years old and beyond. The majority of people who consumed alcohol reported drinking between 1 and 4 standard drinks on a drinking occasion. Binge drinking has continued to increase over time, however, with around 85% of people having reported drinking 4 or more standard drinks on at least one occasion in the past 12 months.

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 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.



Recent Findings

In early 2018, our team published a research paper in The Lancet Public Health journal that attracted some international media attention in The Washington Post, The Guardian London, and Reuters!

Using 6 years of data from the study, we found that alcohol consumption during adolescence is related to harms such as binge drinking. Any supply of alcohol to adolescents, including parental supply, increases the risk of harmful outcomes in later years.

THE LANCET
Public Health

ARTICLES | VOLUME 3, ISSUE 2, PE64-E71, FEBRUARY 01, 2018

Association of parental supply of alcohol with adolescent drinking, alcohol-related harms, and alcohol use disorder symptoms: a prospective cohort study

Prof Richard P Mattick, PhD • Philip J Clare, MBIostats • Alexandra Aiken, MPH •

Monika Wadolowski, PhD • Delyse Hutchinson, PhD • Prof Jakob Najman, PhD •

Tim Slade, PhD • Raimondo Bruno, PhD • Nyanda McBride, PhD • Prof Kypros Kypri, PhD •

Laura Vogl, PhD • Prof Louisa Degenhardt, PhD

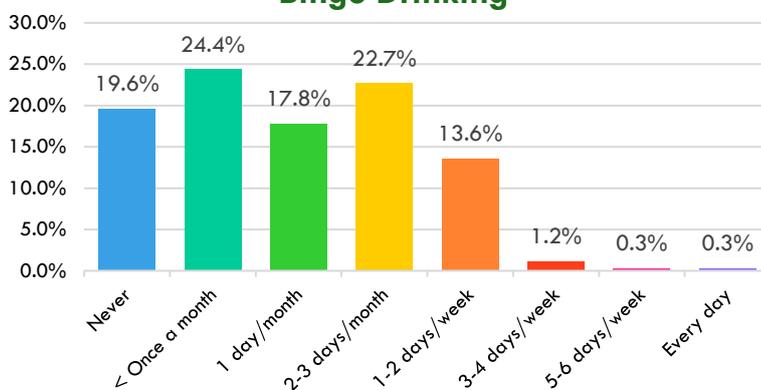
If you would like a copy of the paper and/or links to the media articles, please contact us and we'd be more than happy to provide those to you!

What are the Effects of Binge Drinking?

Binge drinking is one of the main causes of injury and preventable deaths in young people. In the short-term, binge drinking can cause vomiting, memory loss, and physical injuries. In the long-term, it can lead to brain and liver damage, various cancers, mental health problems, and issues with your professional and personal relationships. The graph below shows how often people in our study reported binge drinking.



Binge Drinking



Survey Feedback

We're always happy to receive feedback from you! Please don't hesitate to text, call, or email us using the contact info at the bottom of this page if you have any feedback, questions, or concerns about our surveys.

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 8th wave of data collection, we offered you a chance to win one of ten **\$500 JB HiFi vouchers**. If you completed your Wave 9 survey before the closing date, you will also be in the running to win a voucher this year – Good Luck!

Updating 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
- Been receiving the online survey to your family's email address and would prefer to have it sent to your direct email address



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