

**Problem page**

Talking about somebody else's problems can be a great way of opening general discussions with your child about a variety of subjects, including the affects of alcohol and bullying. In these examples, the problems deal with issues around alcohol. Being honest, respectful and open while talking now will help build bridges for future discussions with your child when they might need your advice and support.

**What to do:**

Read through the problems on Activity Sheet 1A and 1B one at a time and consider the following:

- What is the problem?
- Who or what has caused the problem?
- What are the issues?
- Who can the writer talk to?
- Who is alcohol affecting?
- How is alcohol affecting this person?
- Why do you think the person is drinking too much?

Talk about people who can help in general.

Look at [www.lookoutalcohol.co.uk](http://www.lookoutalcohol.co.uk) and find out where young people can get the right information to help them. This can be found in the library within the game.

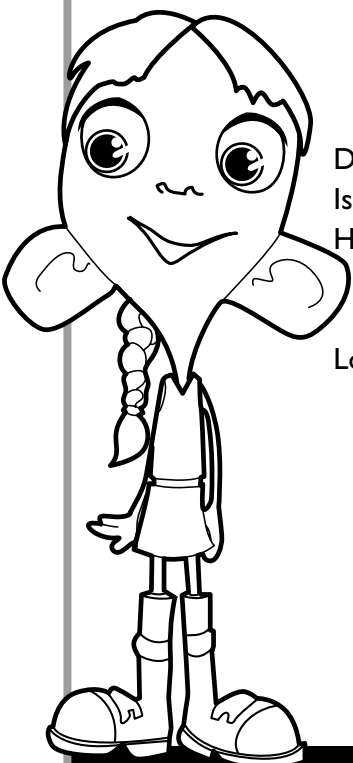
- **Computer** – who can you talk to about alcohol?
- **Magazines** – more problem page letters to extend discussions around alcohol.

Does your child know who they can talk to at school?

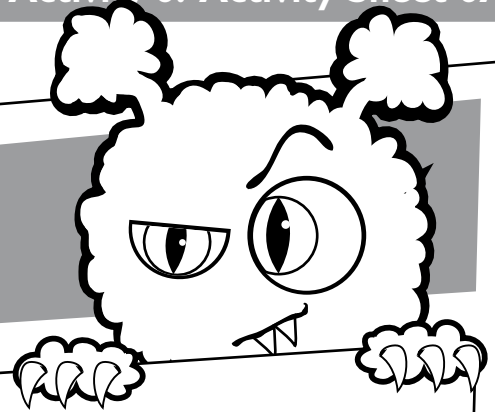
Is there a special teacher they could talk to?

How often is the school nurse available to find information from?

Look at the following problems together and discuss with your child.



# Ask Angie...



Dear Angie,

I'm so unhappy. Dad's left home and mum is really upset. She doesn't seem to care about anything anymore.

When she does speak, I can hardly understand her and she keeps falling over things. She always seems to have a glass of wine in her hand.

I am doing my best to help her but she is so bad tempered and tells me to leave her alone!

How can I look after my younger brother and sister? I'm worried we'll all end up in care.

Is this my fault? Who can I talk to? Who can help us and how can I help my mum?

Yours

David

Dear Angie,

I was a bridesmaid at my sister's wedding last week.

My older cousin Tom was there, he's just had his 18th birthday. He seemed to be drinking a lot.

Mum and dad were too busy to notice. He kept trying to give me some of his beer. It smelt horrible and so did he. I was starting to feel frightened. I asked for a glass of coke instead but when it came it smelt and tasted funny. I drank it and felt very ill afterwards. I wanted to tell dad but was frightened he would get mad at me. What should I have done?

Yours

Abigail

# Ask Angie...

Dear Angie,

My dad is very strict about alcohol because it is against our religion and will not allow my older brother and sister to drink it.

Yesterday I noticed my older brother getting out of his car and falling over. When he got up he bumped into me. His breathe smelt horrible and his speech sounded funny. Dad was still at the shop but mum was making supper. Mum shouted out what was wrong when she heard him fall in through the door. Before I could say anything he grabbed my arm tight and told me to shut up.

I thought he was going to hit me so I told mum everything was alright and I'd just tripped up over the step. My brother grunted at me and went straight to his room where he stayed all night.

I felt bad and was uncomfortable with mum. Luckily she was so busy she didn't seem to notice. What should I have done? Dad will go mad if he finds out and I'm frightened he might blame me for telling a lie.

What would you have done?

Yours

Sunita

