

How and when to introduce children to alcohol

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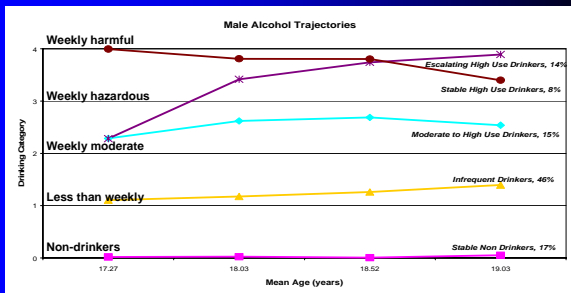


Follow-up Research



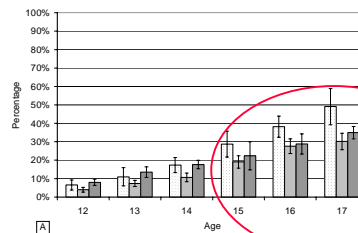
- Use prior to 6 – Christchurch (Ferg' 94)
- Not till 18 (Age 17) – Vic ATP ('04)
- 3 days / week A15 – Vic VAHCS ('04)
- Less than weekly A17 – Vic HIT ('04)
- Heavy use age 15
- Moderate Use – Age 17
- Alcohol dependence – Age 21
- Moderate Use – Age 21

Frequent adolescent alcohol use predicts heavy young adult use



Toumbourou, Williams et al, 2003

Victoria Maine Oregon



Male binge drinking rates - 1999

Parent guidelines

- Listening & family management skills
- Discussion of risks and rules from age 8
- Encourage no use until age 18
- Discourage even a sip prior to 16
- Discourage weekly or more frequent use at 16 and 17