

# LOOKING AFTER OUR YOUNG PEOPLE

Alcohol is a drug that changes the way people think and feel. Our young people can be vulnerable to the effects of alcohol. They may not always know when they have had too much to drink. The earlier they start drinking, the greater the risk of alcohol-related problems later in life.

## What can happen?

**Drinking too much can lead to short-term harms including:**

- + doing something that brings shame
- + alcohol poisoning
- + assault and violence
- + car accidents and road injuries
- + other accidents like falling or drowning

**Drinking too much can also lead to long-term harms including:**

- + social problems, like spending time drinking instead of healthier activities
- + brain damage, including not being able to learn and remember things
- + depression and suicidal thoughts
- + development of chronic disease, including some cancers and heart disease
- + dependence on alcohol

## What can I do?

As a parent, family member or community member, you can help look after our young people, and help them look after themselves. Teach the young people about what drinking too much can do to them and their families. Help them develop a responsible attitude towards drinking. Encourage them to do other things instead of drinking, like play a sport.

It's never too early to start talking to young people about alcohol. Let them know that they can talk to you and that you are there to support them.

[www.australia.gov.au/yc](http://www.australia.gov.au/yc)

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YOUR CULTURE,  
YOU CHOOSE!**

