

POP CARE NEWS POP CARE NEWS POP CARE NEWS POP CARE NEWS POP CARE NEWS



### Entering the Party Season

Almost everyone enjoy a glass of celebratory beverage. However, what we might not always notice is how our children make sense of what they see. This article from Bianca Wordley, reminds us to be self-aware of the message that we present to our children. She also speaks about the importance of taking opportunity to teach our own children about alcohol use.

<http://www.kidspot.com.au/do-you-get-drunk-in-front-of-your-kids/>

For those with older children, Melanie Hearse speaks about how to 'party proof your 18 year old'. As teenagers move through the teen years, they are wanting to work out their own identity, they are wanting to individuate from their parents. This is healthy. But as parents, we still have an opportunity to share information in a non-judgemental, respectful way.

<http://www.kidspot.com.au/party-proofing-your-18-year-old/>

If you want to know some important facts about the impact of alcohol on the developing teenage and young adult brain then check out this important article by Michael C Nagel PhD

<http://www.generationnext.com.au/2014/09/schoolies-alcohol-teenage-brain-toxic-combination/>

Tyson Stelzer, former Lutheran School Teacher and now wine writer, has put together an excellent resource on helping parents develop strategies for talking to their children about alcohol. You can find the link to his 8 page booklet here

<http://www.winepress.com.au/a-parents-guide-to-teen-alcohol-and-parties.html>



### Schoolies Week

On the issue of teenagers finishing school, especially in relation to SCHOOLIES, here are some important links to help make schoolies week safer.

<http://www.femail.com.au/an-experts-guide-to-preparing-for-schoolies.htm>

The Queensland Government has made the following booklet available for parents. Google "Parents Guide Schoolies Information Booklet" and download the booklet from the schoolies.com website.

Redfrogs is also an excellent support group involved in helping people out at Schoolies.

<http://au.redfrogs.com/schoolies>

For parents of students in YEAR 11, begin a conversation about Schoolies at the end of next year. There are some excellent alternatives to schoolies including...

<http://su-schoolies.com/>

Alternatively, consider organising your own Schoolies event with family and friends.



### Feeling Overwhelmed in the Digital Age

This article in globaldigitalcitizen provides an excellent resource for teachers, students and parents on how to ascertain the tenacity of online information, using 5A's... Ask, Acquire, Analyse, Apply, Assess. It also includes a great video clip on how to be Information Fluent

<http://globaldigitalcitizen.org/surviving-infowhelm-information-fluency-to-the-rescue/>



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