

R U worried about

ur mum & dad's drinking?



Living with people with alcohol problems can be very difficult as people who drink too much often say and do hurtful things. This doesn't mean they are bad people, it's just the way alcohol affects them.

It's important to remember:

- It's not your fault. You're not responsible for what your parents do.
- You can't change them.
- You're not alone. Thousands of children are in the same position as you but don't talk about it. There are probably others in your class with the same problems.

- Don't try watering down drinks or throwing bottles and cans away. It doesn't work and may get you in trouble.
- Do talk to someone you can trust. This could be to a teacher, youth worker, a friend or even a friend's parent.
- Do ask for help. You are caring for someone who is sick and are entitled to help.
- Do remember to have some fun. It's very important you have fun with friends and join in activities.
- It's OK to hate the hurtful behaviour of a drinker and still love them as your parent. It's confusing but part of growing up.



Remember the **6C's**

I didn't **CAUSE** it

I can't **CONTROL** it

I can't **CURE** it

I can take **CARE** of myself

I can **COMMUNICATE**
my feelings

I can **CHOOSE** how
I react

Drinking too much alcohol can cause someone to become unconscious. Learn this emergency procedure in case this happens:



- ◆ Call 999 straight away and ask for an ambulance. Never feel too ashamed to involve the ambulance service
- ◆ Place the unconscious person in the recovery position (see picture) so they won't choke if they vomit
- ◆ Keep them warm but not too hot
- ◆ Stay with them until help arrives

Some useful telephone numbers:

Childline: www.childline.org.uk helpline 0800 1111

NSPCC www.nspcc.org.uk helpline 0808 800 5000

National Association for the children of alcoholics (NACOA)
www.nacoa.org.uk helpline 0800 289061

Al-Anon and Al-Ateen helpline 020 740 30888

There4me site www.connexions-direct.com

Get Connected www.getconnected.org.uk
helpline 0808 808 4994

Take care of yourself




Manchester Children's Fund
Working in partnership with
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