

Are you concerned about your teenager drinking alcohol?

This brochure is about alcohol and aims to provide information and support for the way you help your teenager.

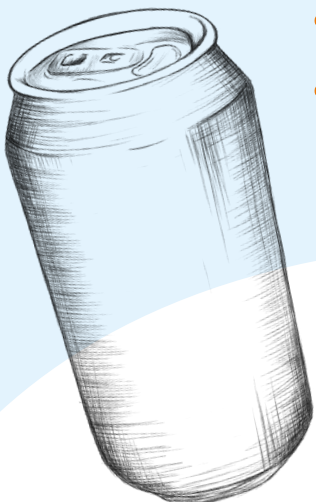
Alcohol is a poison that causes brain damage. A young person's brain is susceptible, as it's still developing until the age of 25.

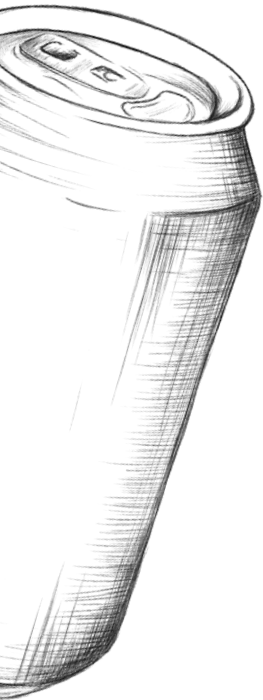
Alcohol is toxic to the body and can cause injury and various illnesses. Alcohol also has a euphoric effect and affects the judgement of the drinker.

Young people admit they are more likely to get into predicaments when they drink than when they do not. This can include arguments, violence, accidents, unwanted sex, drunk driving or being driven by a drunk driver.

Facts

- You have to be 20 years old to buy alcohol at Systembolaget.
- You have to be 18 years old to be served alcohol in a restaurant.
- You have to be 18 years old to buy alcohol in grocery stores.
- Anyone selling alcohol to, or purchasing alcohol for, a minor may be punished by fines or imprisonment.





As a parent, what can I do?

Try to talk about anything and everything in everyday life. This makes talking about more difficult things such as alcohol, drugs and sex more natural. Ask questions and listen. Close relationships mean protection.

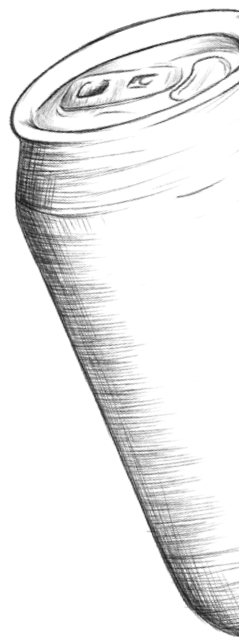
- Be absolutely clear! Children need to know the rules and what you expect from them.
- Talk to other parents for support and agree on common rules of conduct.
- Do not buy alcohol for your children or offer it to them.



Good to know

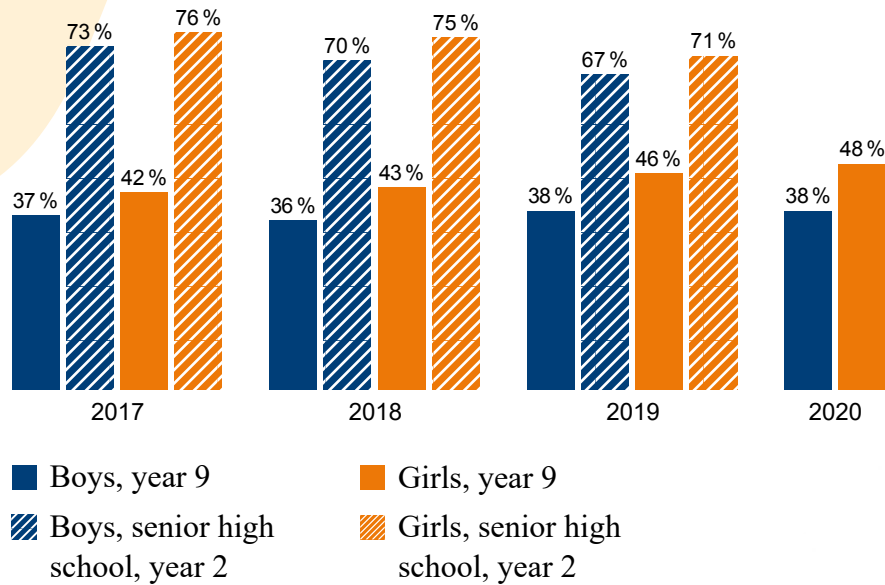
Not all young people drink alcohol. Many young people choose to refrain altogether. The majority of year 9 pupils have never drunk alcohol.

It's a myth that parents can de-romanticize alcohol by offering it to their child. In fact, studies show that young people who are offered alcohol by their parents drink more than those who do not get alcohol from their parents. According to the studies, most young people also think it wrong for parents to buy alcohol for their children.

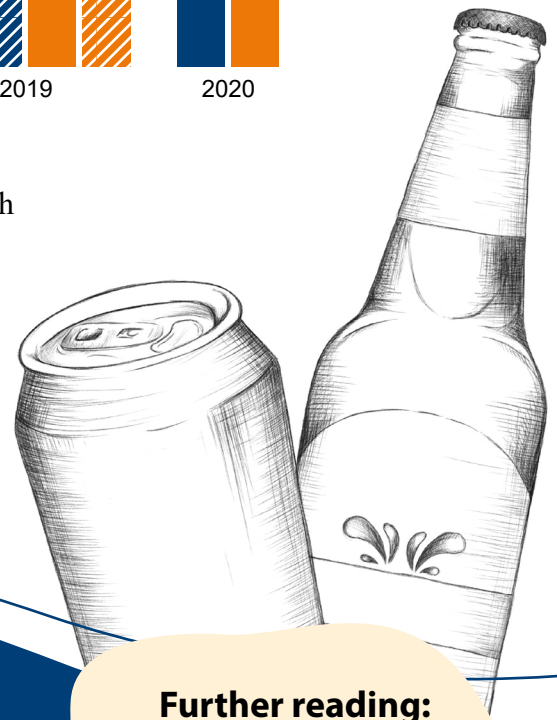


Statistics

Percentage of pupils in year 9 and senior high school who have drunk alcohol at least once in the past 12 months:



School pupil drug habits, CAN 2020



Who should you turn to if you have questions or need help and support?

Contact student health at your child's school, social services in your municipality or your local Mini-Maria clinic, who are there to help young people with alcohol or other drug problems.

Further reading:

[Tonårsparlören](#)

[Alkoholhjälpen.se](#)

[Youmo.se](#)

[1177.se](#)