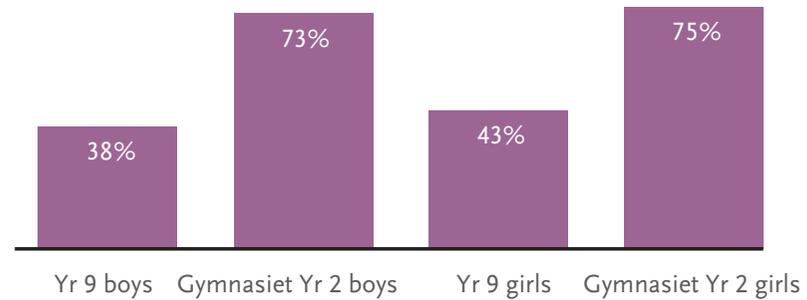


## Alcohol in Västra Götaland

Percentage of pupils who have drunk alcohol during the past year



## Contact

Police 114 14



## Read more

[1177](#)

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[The teenage phrasebook](#)

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# Facts about alcohol

## for parents



Source: Drug habits in Västra Götaland 2016, CAN

Photo: Ida Edgren

# Facts

- You have to be over 20 to purchase alcohol from Systembolaget.
- You have to be over 18 to be served alcohol in a restaurant.
- You also have to be over 18 to purchase Folköl (low to mid strength beer available in supermarkets).
- Selling alcohol to people under the legal drinking age or buying it on their behalf is punishable by a fine or imprisonment.



# Remember

Not all young people drink, increasing numbers choose to abstain completely. The majority of teenagers have not drunk alcohol when they finish compulsory schooling (age 16).

It is a myth that parents can demystify alcohol by offering it to their children. Research into drug habits shows that young people who are offered alcoholic drinks by their parents drink more than their peers who are not offered alcoholic drinks at home.

Som förälder känner man ofta på sig om något är fel!

# Effects of alcohol

Alcohol is a poison that damages the brain. Young people's brains are more sensitive to its impact because the brain is still developing until the age of 25.

Alcohol has an intoxicating effect and impacts judgement. Young people themselves say that they are more likely to encounter problems when they drink than when they don't. These include arguments, violence, accidents, unwanted sex, drink driving or getting into a car with a drunk driver.



# What can parents do?

- Build a close relationship with your child. Good relationships between parents and children have a protective effect.
- Be curious, ask questions and talk to your teenager about alcohol.
- Be clear! Children need to know what the rules are and what is expected.
- Talk to other parents and agree on common rules.
- Do not buy alcohol for your teenager or offer it to them.

