

# Hot Topics 2021

## DARTA Resources

### DARTA Fact Sheets for Parents

- a series of fact sheets, mostly dealing with alcohol, developed specifically for parents

### DARTA Fact Sheets for Young People

- although designed for young people, the following resources provide useful background information for parents on some of the topics discussed in the webinar:

- [Nitrous oxide and ‘nanging’](#)
- [Amyl nitrite or ‘Jungle Juice’](#)
- [E-cigarettes and vaping](#)
- [Cannabis edibles](#)

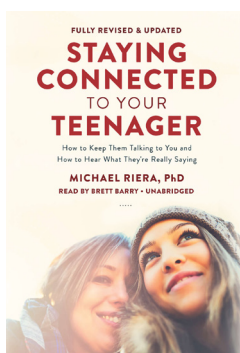
### Doing Drugs with Paul Dillon:

a blog for parents that addresses a range of alcohol and other drug issues. Some of the posts that deal with topics raised in the webinar include the following:

- [Buying drugs via social media apps: They’re all just a click away!](#)
- [What are cannabis ‘edibles’ and should Australian parents be worried?](#)
- [Teens and cannabis: Can you stop them using if that’s what they want to do, and if not, how can you best deal with the situation?](#)
- [What is ‘nanging’? 5 things parents should make sure their teens know about nitrous](#)
- [Australian teens and ‘jungle juice’: The resurgence of interest in ‘poppers’](#)

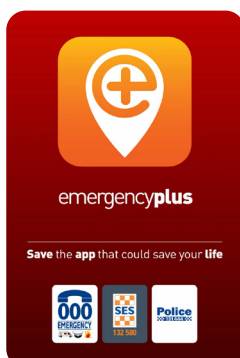
### Useful Websites for Parents

- a list of websites that may assist parents to learn more about a range of alcohol and other drug issues



The book mentioned during the webinar was as follows:

**Riera, M.** (2017). *Staying Connected to Your Teenager, How to Keep Them Talking to You and How to Hear What They’re Really Saying (Revised Edition)*



The app discussed during the webinar was **Emergency Plus**. This includes the new feature called what3words which helps the caller communicate their location by simply saying the 3 words provided in the bottom-left of the screen when the app is opened.

## Hot Topics 2021

### Four questions you need answered and planning ahead

To make an **informed decision** regarding whether you should allow your teen to go to a party or gathering, you need good quality information. Four questions need to be answered:

- **whose party is it and do you know them and/or their parents?**
- **where will the party be held?**
- **will the parents be there and will they be ‘actively supervising’ the party?**
- **what time does it start and what time does it finish?**

If you decide that they are allowed to attend, you want to ensure that they **‘plan ahead’**. Before they leave your home...

- **discuss 000 reminding them you support them if they need to call – “You call 000 and then you call me ...”**
- **ensure they have the ‘Emergency+’ app on their phone**
- **ensure they have the address of the party in their phone**
- **identify a ‘buddy’ for the night? Do you have their number?**

### References

**Mattick, R. P., Clare, P. J., Aiken, A., Wadolowski, M., Hutchinson, D., Najman, J., Slade, T., Bruno, R., McBride, N., Kypri, K., Vogl, L., & Degenhardt, L.** (2018). Association of parental supply of alcohol with adolescent drinking, alcohol-related harms, and alcohol use disorder symptoms: a prospective cohort study. *Lancet* 3, E64-E71. ([PDF downloadable version](#))

**Quinn, B.** (2021). *Alcohol use among teens allowed to drink at home (Growing Up in Australia Snapshot Series – Issue 2)*. Melbourne: Australian Institute of Family Studies. ([PDF downloadable version](#))

# Hot Topics 2021

## DARTA Vaping Resources

**Doing Drugs with Paul Dillon:** a blog for parents that addresses a range of alcohol and other drug issues, including vaping. Two of the most popular articles dealing with this issue are as follows:

- [What should parents say when their teen says “But it’s not smoking” when they find out they’re vaping?](#)
- [5 issues for teens to consider when it comes to vaping](#)

**Vaping Resources for Parents** – a PDF document that provides links to resources specifically developed for parents, as well as some downloadable fact sheets on how to talk to their children about vaping and the associated risks

## Talking to your teen about Vaping

### Before you talk – be prepared

- know the facts – be as informed as possible
- remember what it was like to be a teen and practice what you want to say – you want a conversation, not to lecture or to fight
- find the right time and place

### What should you be saying?

- ask for their perspective on vaping – what’s their side of the story? Ask about their friend’ views – let them speak, give them time
- express your views about teen vaping and why you feel that way
- avoid judgment and use of ‘scare tactics’
- **clearly state your family expectations on the topic**
- be ready to respond to teen statements about vaping calmly – getting angry and frustrated isn’t going to help
- **when in doubt about the facts, offer to learn together**

## DARTA Contact Details and Social Media

Email: [p.dillon@darta.net.au](mailto:p.dillon@darta.net.au)

Web: [darta.net.au](http://darta.net.au)



[Drug and Alcohol Research and Training Australia \(DARTA\)](#)



[@DARTAPDILLON](#)



[dillonpauldarta](#)