

HEY PARENTS

What is Planet Youth? Planet Youth is a ground-breaking evidence based model, developed in Iceland, designed to reduce the risk factors and increase the protective factors associated with alcohol and drug use in our young people.

The Planet Youth team surveyed local Year 10 students about their lifestyles and the data highlights that alcohol and cannabis use are an issue for our young people in the Limestone Coast.



Fact: 29 per cent of Limestone Coast 15-year-olds have tried alcohol by the time they turned 13.

As a parent, what can you do?

There is no evidence to support the view that parental supply of alcohol protects children from adverse drinking outcomes.

Take action by:

- Getting to know the parents of your child's friends;
- Make a commitment to not allowing teenage children to drink alcohol. Anywhere.

For more information about Planet Youth in the Limestone Coast, visit www.smlc.org.au/planet-youth