

PARENTS OF TEENAGERS – NOW YOU ARE EVEN MORE IMPORTANT!

Dear parents,

Nothing is as usual this year. School work and graduation ceremonies from primary, secondary and upper-secondary school have changed because of the Corona pandemic. Many of you will also have to revise your plans for summer.

A normal year there is an increase in alcohol consumption when young people meet to celebrate graduation. Municipalities fear this will happen this year as well, in spite of Public Health Agency recommendations, including keeping physical distance.

As parents of a teenager, you are important in this matter. That is why we are writing to you and other parents of teenagers in our municipality. Together we can help our youngsters in creating a safe graduation. We can also create a fun and good summer within authority recommendations.

What to do to avoid infecting or being infected:

- Avoid crowding. Avoid social gatherings such as parties and weddings.
- Sprid ut stolar och bord.
- Create distance between chairs and tables.
- Stay within 1-2 hours travel from home.
- Keep in touch with friends and family by telephone or e-mail.
- Stay home when you are ill, even with just slight symptoms.
- Keep your hands well washed. Cover your mouth with your arm rather than your hand when coughing or sneezing.

Many young people say no to alcohol

Young people start drinking at a later age than previously. They also drink less, and less often. In recent years, many say no to alcohol altogether and are not as exposed to problems connected to alcohol consumption.

This positive development is in many ways thanks to you parents! Getting involved and setting limits provides parents with a good opportunity to influence how much alcohol youngsters drink and at what age they start.

In our county most parents think it is wrong to give their teenagers alcohol, and even if it does happen, not many teenagers are given alcohol by their parents. Buying alcohol for someone below 20 years of age is illegal. Youngsters should also be aware of this.

This letter is to encourage you in continuing to do the right thing. It helps your teenager in saying no to alcohol.

Keep in touch with your teenager through good dialogue

A good relationship helps in good communication between you and your teenager. Together you can agree that alcohol consumption is not OK among teenagers. We have three simple pieces of advice on what you as a parent can do to keep up a good dialogue with your teenager:

- Show that you are interested.
- Tell your youngster that you care.
- Keep your dialogue open and friendly

Information about teenagers and alcohol (in Swedish) www.tankom.nu

The Public Health Agency's advice on infection (in English) www.folkhalsomyndigheten.se

Thank you for your help!

