

Parental supply of alcohol to under-18s

Report commissioned by the Health Promotion Agency

20 January 2017

Project commissioned: 1 May 2016

Final report received: 19 August 2016

Provider: UMR Research Limited

ISBN: 978-1-927303-99-3

Citation: UMR Research Limited (2016). *Parental supply of alcohol to under 18s*.
Wellington: Health Promotion Agency

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20 January 2017

COMMISSIONING CONTACT'S COMMENTS

Social supply of alcohol – from parents and friends in particular – is an important source of alcohol for young people in New Zealand. This research was commissioned as part of a larger project looking to understand parents' attitudes and approaches towards supplying alcohol to their teenagers aged under 18 years. The purpose of this research was to understand what drives parents' behaviour, with a view to understanding what might work to reduce parental supply of alcohol to minors.

This research will be combined with other sources of information to help inform the development of effective national and community-based approaches to enable parents to support their children to remain alcohol free for as long as possible.

This Health Promotion Agency (HPA) commission was managed by Susan Cook, Senior Researcher.

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NOT EXTERNALLY REVIEWED

ACKNOWLEDGEMENTS

HPA would like to thank those respondents who took the time to participate in this research. Their experiences, opinions, and insights will be used to help inform activities to reduce alcohol-related harm in young people and their families.

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Parental Supply of Alcohol to Under 18s

Health Promotion Agency

August 2016



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Introduction

1.1 Background

The Health Promotion Agency (HPA) is developing strategies to support young people to delay drinking until they are older and to prevent any escalation of drinking if it begins. One of the strategies is to reduce supply of alcohol to under 18s and to enable parents to support their children to remain alcohol-free for as long as possible. Qualitative research was required with parents and caregivers of secondary school age children to understand New Zealand parents' attitudes and approach towards their adolescent's alcohol consumption, with a view to understanding what might work to reduce parental supply to under 18s. In addition, a brief scan of overseas literature was required to inform both the research and also the key findings resulting from the qualitative research, and identify measures used in the literature to indicate or quantify parental supply.

1.2 Objectives

The overall aims of the project were to:

- a) Better understand the drivers of parental supply of alcohol to under 18s.
- b) Understand what would enable parents to support their children by not supplying alcohol to them.

This will help to inform the development of effective national and community-based approaches to reducing parental supply of alcohol to minors.

More specifically, the project objectives were to:

1. Describe parent/caregiver knowledge, attitudes, beliefs, behaviours and decision-making practices regarding supply of alcohol to under 18s, including their perceptions of parental influence on young people's alcohol-related attitudes and behaviour.
2. Identify key influences on parent/caregiver supply of alcohol to under 18s, including factors that encourage and support parental supply of alcohol and factors that discourage and act as barriers to parental supply.
3. Explore factors and approaches that would shift parent/caregiver attitudes and behaviours regarding supply of alcohol to under 18s.
4. Identify potential measures for benchmarking and monitoring parental supply, or at least indicators of these, of alcohol to under 18s at national and local levels.

Executive summary

2.1 Knowledge, attitudes, beliefs, behaviours

- Parents of teenagers under 18 years were concerned about many issues regarding their teenagers of which alcohol and parties were just one. Alcohol was mentioned among a range of issues parents were concerned about.
- However, more regular and immediate issues came to the fore such as: behaviour and growing independence; peer-pressure and bullying; and relationships with those around them.
- Attitudes towards supplying alcohol to teenagers under 18 were on a continuum with two extremes, being comfortable supplying in most situations when the teenager was approaching legal age (16 - 17 years) and not being comfortable at all in any situation until the teenager was 18 years old. Between these extremes there was a group of parents who were relatively comfortable supplying alcohol to teenagers under 18 years in specific situations and with some conditions attached. For some parents all of the following conditions would need to be met; however, depending on who the adults were and the type of occasion just some of the conditions would suffice.
- These conditions usually included:
 - Parents monitoring and supervising (controlled situation).
 - Drinking with family and trusted adults.
 - Part of a special occasion.
- Those who were not comfortable supplying alcohol in most circumstances did not do so for the following reasons:
 - Their own personal experiences of alcohol related harm had impacted on them in such a way as to reinforce a 'no alcohol till 18 years' policy with their teenagers.
 - They were keen to support the legal age of 18 years for being able to purchase and believed this law set a legal precedent for them to follow.
 - Any teenager younger than 14 years was seen as too young.
 - A few held strong religious beliefs.
- The main reasons why those who were comfortable supplying alcohol in most circumstances were:
 - This was an opportunity to prepare teenagers approaching 18 years on how to treat alcohol and also experience alcohol in a supportive and safe environment with parents on hand.
 - Parents considered this also gave them the opportunity to model good behaviour with alcohol.

- Their own personal experiences of restrictive policies regarding alcohol when they were teenagers influenced them to seek a more moderate approach to drinking for those under 18 years. A number of these parents had overindulged as teenagers, when they had the opportunity, due to restrictive actions by their parents and did not feel they had a positive introduction to alcohol.
- Other reasons given for being more comfortable supplying teenagers under 18 years included:
 - Keeping the peace.
 - Having older siblings or friends.
 - Would be drinking anyway, so better to know what they are drinking.
 - Think there is no harm.

But I guess because of the impact it has had on our whānau and how destructive it has been. It has actually been really easy for us; our whānau make it really easy for us to teach why alcohol is a bad idea because our whānau are often clowns when they do drink and the kids see that and it is being destructive to our whānau anyway. So we acknowledge that they can choose for themselves, but we kind of have a rule in our house that you don't drink ever; if you are going to live in our house you don't drink. ... (Hastings, Māori, less likely to supply, female)

I am quite open with my kids about a lot of things and partly because of the way I was brought up. I was kicked out of home at a very, very young age, but then I was secretly drinking because I wasn't allowed to do it. So I had all these restrictions, being the only girl in the house, and I wasn't allowed to go to parties, but my brothers were even though I was the oldest. So, whenever I did get to go out, I would make a right mess of myself because I knew this would be the only time I would get to go out and I would write myself off. And I don't want my children to do that so I am the opposite. I say to them I am trusting you to make the right decision. (Lower Hutt, more likely to supply, female)

2.2 Parental attitudes to a teenage party

- Parents declared that they were all very careful when checking out whether their teenager could attend a party. Crucial to any decision to attend was the presence of alcohol and also adult supervision. They were keen to ensure their teenager would be safe and would explore which friends would be there, checked out the host parents and also ensured teenagers were picked up at pre-arranged times.
- Adult supervision was seen as essential and required the adults to take an active supervisory role. This included monitoring party-goers and those congregating on the street, being a good host and providing food and also making contact with parents of the teenage party-goers.
- It was evident that parents took 'checking out' the party prior to attendance very seriously. They were aware, however, of parties for teenagers where adult supervision was not 'present' or 'active'.

- The majority of parents, across all groups, considered it was not realistic to expect teenagers under 18 years to be alcohol free till 18 years. There were a few parents who managed to maintain this in their own homes but they were in the minority. A major barrier to changing this stance was that parents sincerely believed they were taking the appropriate actions in introducing alcohol to their 16 - 17 year olds in a controlled environment in preparation for the legal age of purchase.
- Those who supplied alcohol to their teenagers under 18 years when attending a party did so in the belief that they would rather know what their teenager was drinking rather than getting it from someone else. These parents also backed up their behaviour by stating they would choose lower strength alcohol and limit the quantities.
- Disappointment and sadness rather than anger were how parents felt if their teenagers were found drinking alcohol without their permission or knowledge. This reinforced parents' inherent belief that they were building a trust relationship with their teenagers regarding alcohol behaviour and breaches of this trust reflected on poor decision-making by their teenager.

[What about if we are getting parents to think about supplying alcohol to under 18s, is there a message out there to help parents think twice about that.] *I don't think that is the culture, I think it is the binge drinking culture that is the problem. It is not somebody supplying their kid like the Europeans do, they start having wine with a meal that is teaching responsible drinking.* (Hastings, more likely to supply, male)

[How realistic is it to promote keeping teenagers under the age of 18 alcohol free, would you as a parent consider that?] *If we were living in Never-Neverland, beautiful, that is achievable, but we live in a real world where the pressures of puberty, testosterone, hormones and all those types of things during that age bracket; all the rules go out the door when your kid is on that path. They know what is right but because of all the other things and all the other factors in their lives; they believe that that is more important than the love of mum and dad and the family. [So as a parent do you think you could aim for that goal?] I would like my kids never to drink honestly. But that isn't a reality. They are going to try it and, as a parent, I have got to allow my kids to try things and, like I say, if they make the mistake or they don't like it, then they need to make that decision on whether they are going to do it or not.* (Porirua, Pasifika, less likely to supply, male)

2.3 Strategies to shift parental attitudes regarding supply of alcohol to teenagers under 18 years

- Taking into account that parents faced a multitude of challenges parenting teenagers, parents suggested the following ways to support them to have better and improved attitudes towards supplying alcohol to teenagers under 18 years:
 - Encouraging parents and the community to support and back up parents' decision-making around alcohol.
 - Parenting education in various forms to support parents to be more effective parents.
 - Providing reinforcement of key messages and behaviours through schools.

- Supporting school counsellors to address improved alcohol related behaviours for both teenagers and their parents.
- Good and effective communication was seen as extremely important for parents as they worked through the challenges of parenting teenagers under 18 years. Some had used the current round of reality TV programmes, such as Police Ten-7, to initiate conversations regarding alcohol.
- Some parents also thought it would not hurt to remind parents and teenagers of the damage that alcohol can do as well as the legal ramifications and consequences.
- For Māori, there was strong support for some form of parenting education that included alcohol strategies; these could be facilitated through local schools and perhaps wānanga.

However, there was also recognition that many of the parents who might benefit from these workshops would not feel comfortable in a school setting and different approaches would be needed for these parents. Compounding this was the reality that a number of Māori families were struggling financially and socially and not making safe decisions around supplying alcohol to teenagers under 18.

- For Pasifika also, there was strong support for some form of parenting education that included alcohol strategies; these could be facilitated through local Pasifika churches and also community groups.

Critical for these workshops was the tone and emphasis and ensuring that they were not judgemental.

Having a parent support focus might help encourage Pasifika parents to participate.

- There was high interest in the alcohol facts tested during the groups. The most influential facts that participants related to included:
 - Motor vehicle accident fact.
 - Crime and victimisation fact.
 - Sexual risk taking fact.

These facts had in common that they were relatable, had devastating outcomes and were believable.

- It was also apparent that, as discussion progressed, the impact on the developing brain gained some traction with parents realising the long lasting effects that alcohol may have. With additional information (e.g. How much alcohol makes the difference?), there might be additional interest and impact of this fact.

[What is going to help parents?] *Have classes for them too.* [Are parents going to go to classes?] *It depends what it is. I went to a thing today and there is a dad's group and these dad's seminars they are having, they want to know about drugs and alcohol to help them and these dads are picking what they want to talk about and learn about. The option is there, and throw in free food, and if they really want to know about their children they will go.* (Hastings, less likely, female)

Methodology

3.1 Methodology

This research included two components:

1. A brief literature scan of:
 - i. Overseas literature on parents' attitudes, beliefs, knowledge and behaviours with respect to parental supply of alcohol to minors.
 - ii. Measures/indicators of parental supply of alcohol.

This review informed refinement of the qualitative research methodology, sample specifications and discussion guide and enabled Objective 4 (above) to be addressed.

The scope of the literature review and associated search strategies was agreed with HPA, who conducted the literature searches and supplied source material to UMR.

2. Qualitative research among parents or guardians of teenagers aged 12-17 years.

3.2 Target audiences

The key audiences targeted in this research were:

- Parents and caregivers of secondary school age teenagers aged **under 18 years**. Some participants also had older and/or younger children. Two participants (Māori; Pasifika) were grandparents who were caring for grandchildren.

Key recruitment specifications included:

- A representation of Māori, Pasifika and General population parents/guardians/caregivers of teenagers under 18 years.
- Those living in rural/ provincial and urban locations.
- A mix from low, middle and high socioeconomic status households.
- A representation of parents/guardians caregivers that did and did not supply alcohol to their teenagers under 18 years.

3.3 Research design

The research adopted a mixed-method approach using a range of qualitative tools, including:

- One depth interview.
- One paired interview.
- One mini group (4 participants).
- Four focus groups (6-8 participants).

A qualitative methodology was selected because the dynamics of a group discussion encourages participants to share ideas and respond to each other's questions. A particularly powerful tool of group research is that participants play a part in formulating the research questions i.e. they are able to query and reframe questions as the discussion proceeds. Open questioning meant that topics were raised and explored that had not been thought of prior to the study commencing, which helped to ensure that the research uncovered a full range of views, behaviours and understanding on this issue.

Focus groups and mini groups were identified as the most appropriate qualitative methodology to capture the views of parents/caregivers of adolescent teenagers about an issue which they might not have had the opportunity to air and share their views about previously. And, regardless of respondents' own behaviours or beliefs, the group dynamic helped to stimulate and advance discussion with a group of similarly minded peers.

One depth interview and one paired interview were included to facilitate input from Pasifika respondents who wanted to be involved but were unable to attend the mini group.

3.4 Research specifications

The following factors were taken into consideration when designing the qualitative specifications:

Age/gender of children: All participants were parents/primary caregivers of at least one teenager aged 12-17 years. Some also had older and/or younger children. The groups included a mix of gender of parent/guardian/caregiver and teenager.

Supply/do not supply alcohol to children: The research included participants who were more and less positively disposed to supplying alcohol (now and in the future). Participants were identified as being "more likely" or "less likely" to supply alcohol to under 18s using a series of attitudinal statements asked before the focus groups.

The focus groups included parents/ guardians/caregivers who did not supply alcohol to their children now, but who suspected they will do so before their child/ren turn 18, and parents/caregivers who did not personally supply alcohol to their teenagers, but 'accepted' that other people will supply it to them e.g. friends or other family members.

Participants were identified using attitudinal statements, as outlined below:

We are interested in your views about teenage drinking in New Zealand. I am going to read you a list of statements other people have made and using a scale of 0 to 10, where 0 means strongly disagree and 10 means strongly agree, how much do you agree or disagree with each statement.

- A. It is fine for children under 18 to drink alcohol at home.
 - B. It is fine for parents to give alcohol to their under aged children.
 - C. I don't personally give my under age child alcohol, but I accept that they will get it from somewhere.
 - D. I don't give alcohol to my under age children now, but I expect I will do before they turn 18.
- Participants who were more positively disposed to supplying alcohol rated Statement A and/or B 6-10 (i.e. they were on the 'agree' end of the scale).
 - Participants who were more negatively disposed to supplying alcohol rated Statement A and/or B 0-4 (i.e. they were on the 'disagree' end of the scale).
 - A representation of participants who rated Statements C and D 6 -10 were included across the research (i.e. they were on the 'agree' end of these scales).
 - Participants with similar dispositions towards supplying alcohol were then grouped into the same focus groups.

Social Economic Status (SES) - Previous research suggested that parents from across the SES exhibit similarly diverse views and behaviours with regards to supplying alcohol. A mix of SES was included in each group. While we endeavoured to have some homogeneity within the groups this was mainly regarding those who were attitudinally similar.

Ethnicity - In order to provide a true Māori, Pasifika and General population perspective and understanding, separate groups were conducted with each.

Location - To accommodate the requirement for an urban, provincial and rural perspective, the research was conducted in the following locations:

- Two groups in Lower Hutt (Urban General population participants).
- One mini group and one depth interview in Porirua (Urban Pasifika participants).
- One paired interview in South Auckland (Urban Pasifika participants).
- Four groups in Hastings (Rural and Provincial General population and Māori participants).

3.5 Sample structure

The following qualitative sample structure was achieved:

Session	Location (Rural/ Provincial/ Urban)	Ethnicity	Socio economic status	More/less positively/ negatively disposed to supplying alcohol to under 18s*	Number of participants
1	Lower Hutt - Urban	Mix	Mix	Negative	8
2	Lower Hutt - Urban	Mix	Mix	Positive	6
3	Porirua - Urban (mini group)	Pasifika	Mix	Negative	4
4	Porirua - Urban (depth interview)	Pasifika	Low	Positive	1
5	South Auckland - Urban (paired interview)	Pasifika	Low	Negative-Moderate	2
6	Hastings - Provincial/ Rural	Mix	Mix	Positive	8
7	Hastings - Provincial/ Rural	Mix	Mix	Negative	7
8	Hastings - Provincial	Māori	Mix	Negative	7
9	Hastings - Provincial	Māori	Mix	Positive	5
TOTAL					48

* As identified before the focus groups, using the attitudinal statements shown on page 14

Notes

The term 'parent(s)' throughout this report is used to indicate parents, guardians, grandparents, step-parents etc. who are the main caregivers of the teenagers under 18 years.

While groups were recruited using attitudinal statements, it became clear in the group discussions that the lines were blurred regarding 'more or less likely to supply alcohol' rather than pronounced. Despite this, quotes are categorised according to those who are 'less likely' to supply and those who are 'more likely' to supply.

Caveat

This report summarises the key findings from the qualitative research and is therefore restricted to the views and experiences of those who participated (which may not be representative of the wider population).

It should be noted also that while qualitative research can be used to identify a range of issues and assess the intensity with which views are held, quantitative research is necessary to establish with certainty the extent to which views expressed are held throughout the wider population.

Parental challenges

4.1 Challenges parenting teenagers under 18 years

As an introduction to the topic area we explored with participants any challenges they identified as part of parenting their teenagers under 18 years. This also helped place in context where alcohol related challenges slotted into parental concerns regarding teenagers under 18 years.

Across all groups we found that parents faced similar challenges and some also noted that these were not all that different to what their own parents had faced.

I think apart from the internet bullying all of those things would have been issues for our parents' generation and even their parents' generation. There is nothing new apart from the internet. Mum said your friends will say everyone is doing it, but they are not, she was told that by her parents. (Lower Hutt, less likely, female)

A lot of these were challenges for our parents and they are also challenges for us as well. They are also challenges for our Pasifika community in general at varying levels. (Porirua, Pasifika, more likely, female)

The main challenges included:

- Behaviour and attitude (20%)
 - Testing boundaries; apathy/lazy; know everything; insolent; self-focussed; depression.
- Bullying/peer pressure (13%)
 - Self-esteem; media pressure; cyber bullying; not sure who they are listening to.
- Growing up (driving, jobs, their future) (13%)
 - Legal boundaries around driving, drinking; balance between school and growing up; learning independence.
- Relationships (11%)
 - With peers, siblings, boyfriend/ girlfriend, parents; broken homes; friends.
- Substance use (drugs, alcohol, smoking) (11%)
 - Substance abuse, drugs and alcohol; parties; fights.
- Technology and social media (9%)
 - iPads; games; inwards looking.
- Sex/hormones puberty (5%)
- Education (5%)

- Achievements/pressure; sport and education.
- Financial worries (5%)
 - Financial strain on families; cost of teenagers.

Challenges parenting teenagers under 18 years	
<p style="text-align: center;"><u>Behaviour and attitude</u></p> <p><i>Attitude, everything that comes out of my mouth is against her beliefs and wants nothing to do with it; so if I am asking her to do something, it is on her terms not mine. (Hastings, less likely, female)</i></p> <p><i>Bit uninspired and lazy. Lack of enthusiasm. (Hastings, Māori, less likely, female)</i></p> <p><i>[What are some of the challenges bringing up teenagers?] Definitely their attitude. It is not always a good attitude. (Hastings, Māori, more likely, female)</i></p>	<p style="text-align: center;"><u>Bullying/ peer pressure</u></p> <p><i>And media pressure, you must look like this, you must own this and you must do this. (Hastings, more likely, female)</i></p> <p><i>Competition; whether it be to get into a sporting team or something, that is a huge thing I find. It is the whole tall poppy, everyone wants to be up here and a leader but not everybody is going to be a leader. (Hastings, Māori, less likely, female)</i></p>
<p style="text-align: center;"><u>Growing up (driving, jobs, their future)</u></p> <p><i>What I am struggling with is the moral milestones or the moral issues and the goalposts being shifted. For example, I find that because I have a 17-year-old that it is okay to have sex, it is okay to drink; so and so's mum says it is okay; so and so does it so it must be okay. (Lower Hutt, less likely, female)</i></p> <p><i>Boundaries. Legal boundaries. My son has a car and only a learner licence and he thinks he should be allowed to drive it. (Hastings, less likely, male)</i></p>	<p style="text-align: center;"><u>Relationships</u></p> <p><i>And peer relationships; bitching, girls. (Hastings, less likely, female)</i></p> <p><i>Relationships. [Are you talking boy girl or relationships with family, parents?] Yes, pretty much all relationships with parents and living within the boundaries of the home and then also sexual relationships. (Hastings, Māori, less likely, male)</i></p>
<p style="text-align: center;"><u>Substance use (drugs, alcohol, smoking)/ parties</u></p> <p><i>[When you talk about parties what do you mean by scary?] The things that happen at parties which, for me at the moment, we are very particular where they go. For instance, there was a party one went to not so long ago where it turned into a write off. At the end of the night there were fights breaking out right, left and centre and even though my child wasn't involved in any of it, it is people pulling knives out. It is mind blowing that these kids don't know how to go and have fun without it being dangerous. (Hastings, Māori, more likely, female)</i></p>	<p style="text-align: center;"><u>Technology and social media</u></p> <p><i>My concern is the time that they spend on social media. And it seems to be their source of information. As unreliable and as unauthentic as it seems to be, it seems to be their source of information. (Porirua, more likely, female)</i></p> <p><i>Access to devices these days, social media that is appropriate for them - Twitter, Facebook, what should they see and what shouldn't they see? (Lower Hutt, more likely, male)</i></p>

It was apparent that parents faced a multitude of challenges with teenagers that included parties, relationships, drugs and alcohol, as well as peer pressure, social media and the pressures of

school achievement. It was notable that alcohol was raised in all groups as one of the many concerns parents were addressing with their teenagers.

Participants also commented that being a parent did not start when their children became teenagers; rather it was an ongoing learning process from the time they became parents.

There was some indication that the financial and social cost on some families impacted on parenting; this was a theme that recurred during the discussions with participants. It was not openly discussed but alluded to by some parents both as observers and through personal experience.

Even these days having to provide technology for their education. Enormous financial strain on families. (Hastings, less likely, female)

Cost. [Feeding, clothing?] All of those. (Hastings, more likely, male)

Key finding

- **Parents face a multitude of challenges of which monitoring and introducing alcohol to their teenagers is one aspect.**

Parental supply of alcohol - attitudes and behaviours

5.1 Method

Using scenarios or short stories can be used during qualitative research to guide discussion about participants' beliefs.

First, we explored parental attitudes about their teenager drinking using a set of potential situations where teenagers might be exposed to alcohol or supplied alcohol (shown in Box 1 below). These situations were printed on cards and participants each given a set to sort into situations where they felt more or less comfortable for their child/ren to drink alcohol. In some groups participants worked in pairs.

Secondly, we presented a teenage party scenario piece by piece and asked the parents to respond to each piece of information about the party provided (see Appendix 2 – Discussion Guide). The main focus here was to explore the beliefs, behaviours, and key decision-making factors of parents when they considered their teenager in this scenario.

The resultant discussions provided insight into the issues parents face when their teenager/s is around alcohol, how they approach these situations, and what decisions they may make about supplying or not supplying alcohol to teenagers under 18 years.

The following scenarios were introduced and participants asked; how comfortable they would be with their teenager drinking alcohol and the reasons why.

Box 1: Situations where teenagers might be exposed to alcohol or supplied alcohol

- A. Any time at home with parents/guardians.**
- B. Any time at home with 'other' adults (not parents/guardians).**
- C. Social gathering with a mix of ages; 'adults' and teenagers (17 and under).**
- D. Social gathering with friends - all aged 21 years and under.**
- E. Social gathering with friends - all aged 18 and under.**
- F. Celebration/special occasion with parents/guardians.**
- G. Celebration/special occasion with 'other' adults (not parents/guardians).**
- H. Drinking alone; at home or elsewhere.**

The following sections report separately the discussions by parents grouped as “less likely” to supply alcohol to teenagers under 18 years (Section 5.2) and “more likely” to supply alcohol to teenagers under 18 years (Section 5.3), as identified using the attitudinal statements on page 14 before the focus groups.

5.2 Attitudes to their teenagers drinking alcohol among parents less likely to supply alcohol to teenagers under 18 years

We have summarised the individual responses to the situations from those parents who were less likely to supply alcohol to teenagers under 18 years (as identified before the focus group being conducted) in the following table. It was apparent that for this group of parents there were few, if any, of the situations explored where they were 'entirely comfortable' with their teenager drinking alcohol. Rather they put a caveat of 'depends' or they were 'not comfortable at all'.

It should be noted that this table is a summary and is not an absolute and is provided to show where the balance of opinion lies for this segment of parents.

Table 1: Parents who were less likely to supply alcohol to teenagers under 18 years – level of comfort with their teenager drinking according to types of situations

Situations where alcohol could be supplied to teenagers under 18 years		
Comfortable	Depends	Not comfortable
	F: Celebration/special occasion with parents/ guardians	A: Any time at home with parents/ guardians
	G: Celebration/special occasion with 'other' adults (not parents/ guardians)	H: Drinking alone; at home or elsewhere
		B: Any time at home with 'other' adults (not parents/guardians)
		E: Social gathering with friends - all aged 18 and under
		D: Social gathering with friends - all aged 21 years and under
		C: Social gathering with a mix of ages; 'adults' and teenagers (17 and under)

Overall, most parents in these focus groups were not comfortable with their teenagers drinking. There was a group of parents who, while not comfortable with the majority of situations, were comfortable with their teenager drinking on special occasions if they or other adults were present.

These parents usually put caveats around when their teenager might drink, and these were usually on special family occasions where they were in attendance. For some, they also would be comfortable if other adult family members such as Uncles and Aunties were in attendance for a family celebration.

For me, it is previous experience with my older children; special occasions at home you can watch what they are doing and how they are around alcohol versus them sneaking off somewhere else and having a drink. [So the underage one you would let them because they are in your supervision.] Yes. (Hastings, less likely, female)

And sometimes they want to be included with the adults as well. Even if it is just one drink. (Hastings, less likely, female)

The key factor for these parents was that it was not a regular occurrence and was for a special occasion. In addition, it was usually a 'tipple' could be monitored and ensured that the teenager felt part of the celebration.

Where 'anytime' figured in the situation, parents were clearly uncomfortable and drinking alone was definitely a 'no alcohol' situation.

[Most of you have it in the 'not comfortable' why is that?] Because of the anytime. The odd occasion is fine, but not any time. (Hastings, less likely, female)

I don't drink Sunday to Thursday ever and very light on the weekends if anything, so the "anytime" scares the shit out of me. (Lower Hutt, more likely, male)

Some parents were clearly not comfortable with their teenager under 18 years drinking any alcohol at all before they turned 18 years.

[I have some cards with different situations and I want you to sort them into two piles. What do you have in your comfortable pile?] I am still tossing up - I am actually looking at putting it all in one. [So you are not comfortable with your teenager drinking in any of these situations?] Not at the age they are at the moment, 14 and 12 year olds; not at all. [If they were 16 or 17?] Going off experience from back in the day I still wouldn't be happy, but that is the father in me. (Hastings, Māori, less likely, male)

I agree with you because I have a 21-year-old so I have been through it before. [So yours is all in one pile as well?] Yes. [And you have a 14 and 15-year-old and no special occasion they are not allowed to drink.] No. (Hastings, Māori, less likely, female)

Key findings

- Own personal experiences with alcohol (when they were young) play a large part in how parents will react to supplying alcohol to teenagers under 18 years (knowing the harm that alcohol can do provides an incentive to be more restrictive).
- Law abiding (for their own teenagers and others in contact with their teenagers).

5.3 Attitudes to their teenagers drinking alcohol among parents more likely to supply alcohol to teenagers under 18 years

We have summarised the individual responses to the situations from those parents who were more likely to supply alcohol to teenagers under 18 years (as identified before the focus group) in the following table. It was apparent that for this group of parents, there were a range of views with higher levels of comfort with their teenager drinking alcohol at celebrations and special occasions.

As before, it should be noted that this table is a summary and is not an absolute and is provided to show where the balance of opinion lies for this segment of parents.

Table 2: Parents who were more likely to supply alcohol to teenagers under 18 years – level of comfort with their teenager drinking according to types of situations

Situations where alcohol could be supplied to teenagers under 18 years		
Comfortable	Depends	Not comfortable
Celebration/special occasion with parents/ guardians	Any time at home with 'other' adults (not parents/guardians)	Drinking alone; at home or elsewhere
Any time at home with parents/ guardians	Social gathering with a mix of ages; 'adults' and teenagers (17 and under)	
Celebration/special occasion with 'other' adults (not parents/ guardians)	Social gathering with friends - all aged 18 and under	
	Social gathering with friends - all aged 21 years and under	

Overview

While these parents were more comfortable with their teenagers drinking alcohol in some situations than parents identified as "less likely" to supply alcohol, they had declared strict conditions in place as part of the process. Furthermore, when considering 'any time with parents/ guardians', they were very careful to qualify that it was drinking alcohol within limits (both the amount, with who and where).

There was some relaxation of drinking alcohol with other adults where the adult was known and trusted; usually a family member or friend.

Also, they were more comfortable as long as parental consent had been sought and given, for their teenager to be drinking when in social gatherings, with their peer group or with under 21 years.

The critical factor here was that they knew the parents; knew where the party was and would be picking up their teenager.

No parents were comfortable with their teenager under 18 years to be drinking alone.

In summary, the key conditions that provided sufficient levels of comfort for their teenage to drink included:

- Being there to monitor and supervise alcohol intake.
- Drinking with family or with trusted adults.
- Drinking was in a controlled situation; some stated it was 'extremely' controlled.
- It was a special occasion.

Supplying alcohol to their teenagers at home and with parents present, was a key criterion to feeling comfortable with their teenager drinking. Some participants saw this as providing alcohol in a controlled environment with them as the controllers.

And I guess if they do have two or three and they start feeling lightheaded, at least they are in a safety net zone and can go, 'Now I know what it is like' and they have that scaffolding around them. (Hastings, more likely, female)

[You'd still let her drink it at home?] Yes. Because I can monitor it. I can see her drinking it. It's not something under-handed that you don't see. (Auckland, Pasifika, moderately likely female)

Parents were relatively comfortable introducing their 16 - 17-year-old to alcohol when at home with them; both on a regular basis (as part of a meal) or for a special occasion (family birthday, etc.) and if the special occasion included trusted adults.

All depends on whether you know the people they are with. If you know the friends they are going out with, I am quite happy with my son - my daughter is a different story she is 14. [So the 17-year-old you are okay?] Yes, as long as I know the people they are with. (Hastings, more likely, male)

[And this is though they are under 18?] Yes, but it is normally just with family; we have a lot of older nephews he can go with. [Is it because they have got older family and cousins?] They have been at family gatherings and no one has really gone to the extreme. We have a couple of quiet beers with family and that is it and I am happy for him to have that. He can't drive yet; he can legally but not physically. (Hastings, more likely, male)

5.4 Factors that influenced parents' attitudes

In all groups, the discussion about parents' level of comfort with their teenager under 18 drinking resulted in discussion about whether or not they would supply alcohol or not. We asked all parents if they would consider supplying alcohol to teenagers under 18 years, and why other parents might do so. Factors that influenced parents' responses to all these issues are presented in this section.

Parents own experience of the harm alcohol can do

There was a group of parents whose own personal experiences of alcohol harm meant they would not have alcohol in their homes. They had seen the destruction and impact on family members and did not want it repeated in their families. These parents strived to keep their teenagers' alcohol free till they were 18 years, but acknowledged it could be difficult as other parents didn't care as much as they did.

Some parents had lost friends and family to drink drivers, which clearly influenced their decisions towards supplying alcohol to teenagers under 18 years.

[What are some other reasons you wouldn't supply alcohol, you talked about it being the law.]
We have got personal reasons. My children lost their brother in a car accident to drink driving, so they have lived through the Police turning up on the doorstep. So they know the worst consequences that can happen and, sadly, it doesn't matter how hard you try to bring up your kids properly shit happens. Things cannot go right in their lives and they can make dumb choices. He was an adult when he died and when they are an adult it is out of your control.
(Hastings, less likely, female)

I just have one pile and I guess it is how my husband and I view alcohol I guess. We place no value on it at all in our home and we instil that into our kids as much as we can. So I guess it is not something that we want them to do at all, acknowledging though that they are free to make decisions for themselves. But I guess because of the impact it has had on our whānau and how destructive it has been. It has actually been really easy for us, our whānau make it really easy for us to teach why alcohol is a bad idea, because our whānau are often clowns when they do drink and the kids see that and it is being destructive to our whānau anyway. (Hastings, Māori, less likely, female)

[We have talked to people who haven't felt very comfortable giving their kids alcohol and you take a strong line?] ... *There are consequences to your actions. I thought I was untouchable; well no and I am regretting it now. I can't even go for a trip with my kids, my kids have been to Aussie and poor old dad has paid for it by getting them over there, but I am still stuck here in New Zealand. I would have loved to have gone with my kids to Australia and the Gold Coast. So mistakes you make as a youngster have come back to haunt me now.* (Porirua, Pasifika, less likely, male)

There is the ad with the mum done for drunken driving and that is fine because it doesn't have the violence. But my son, I have talked to him about alcoholism, because both my great grandfathers had it, and being aware, and he also understands that I don't have a dad because he got killed by a drunk driver. So there is a huge impact. (Hastings, more likely, female)

Law abiding

Some parents were concerned about the possible sharing of alcohol with other teenagers who did not have parental consent and being seen as aiding and abetting underage drinking.

I wouldn't do it because it is condoning the behaviour in a way. Because the liabilities come back on you; if you do supply them you are responsible and I am not naïve enough to believe that he won't get it elsewhere, but I don't want any part of it. (Hastings, less likely, male)

[Asked to bring alcohol?] *One, she is under age and not supposed to be drinking and if I buy the alcohol then I am aiding and abetting that behaviour. I could get into trouble if anything happens. So 'would you like your mother to be in trouble if she supplied some alcohol? You might have been fine with it, but if other kids had it, I still supplied that alcohol'. We have had that discussion. (Porirua, Pasifika, more likely, female)*

A number of parents recognised the legal age being 18 years and would stick to it. They would not supply at home or for a party to a teenager under 18 years.

I trained them up - once they got to the right age and wanted to go to parties when they were 18½ and I was dropping her off to parties, and she would say, 'Mum, can I have two bottles?' She would buy a dozen but only take two to a party. I would drop her off and I would pick her up for safety. After 18, I said you want to drink, here are some rules you need to abide by; do not put your drink down and walk away, do not do this. (Porirua, Pasifika, more likely, female)

They are just not allowed, they wouldn't ask, that is not what you do until you are the legal age. [So it has to be the legal age before they are allowed to drink for you?] Yes. (Hastings, less likely, female)

Younger teenagers aged 12 - 14 years out of bounds

For the overwhelming majority, younger teenagers were definitely off limits; they would not supply alcohol to younger teenagers.

[Does it matter how old they are?] *I don't think I would be happy with a 14-year-old going to a party without adults. [So the ones you are comfortable with at the moment they have to be at the upper end of teenage years?] Yes. (Hastings, more likely, female)*

Mine is only 13, but I don't know about the future. In the future, if we have friends over for example and a dinner party, yes but at 13 no way would she be allowed to drink. (Hastings, less likely, female)

[How does your 14-year-old think about that?] *When she is around me she just goes with it. Coke is the strongest drink that she is allowed. Water is her drink every day. She has seen on TV what it does to people and I have told her what I went through; so she promised me that she wouldn't touch it until she was legal. (Porirua, Pasifika, more likely, female)*

Religious reasons

It was also apparent that for a few parents their faith played a large part in restricting alcohol for under 18 year olds.

[And you don't drink alcohol?] *Yes. I know I am religious and that; and that has a bearing on my decision, but I am not naïve and I do talk about these things with them. The reality is that they are faced with it all the time. We talk to our kids all the time about making choices and the choices they have to make, and let them know that as parents, we are actually looking after their choices right now, and I am not sure they can make them on their own.* (Hastings, less likely, female)

Preparation for the legal age/age of the teenager

It was clear that parents viewed their 16 to 17 year olds differently to younger teens and, for many, this was a period where parents wanted their teenagers to learn about alcohol and the consequences of getting drunk within a safe environment. They also reaffirmed that they were not supplying every week; just giving the older teenagers approaching the legal age a bit of leeway.

[What about 17?] *I feel there is like a 10-year gap between 16 and 17 in maturity. So I probably would at 17.* (Lower Hutt, more likely, female)

We gave our daughter some alcohol to take at 16 and she drank half a cider, so we don't have any issues. I am very relaxed about it. At 15 I would have said 'no, I think you are a bit young'. (Lower Hutt, more likely, female)

I have got a 'depends' pile, and that is the one with ages and that would be if my child was 17; right on that cusp. And the other one I am comfortable with is if it is a celebration and it is with parents. [What is the reason for allowing an underage teenager to drink?] I had an issue with my son who snuck alcohol when he was young; he was curious and he was sneaking it and there were other kids at school were trying it. And I tried the no, no, no and what I was doing wasn't working, so I tried this approach and I kind of think, with all this binge drinking it is good to drip feed it, because what happens is as soon as they turn the age bang, they are straight into it, so I think that it is better to introduce it slowly than have them go crazy. (Hastings, Māori, less likely, female)

16¾, there was a big change from when she was say 15¾ to 16¾, so she was allowed to do heaps more. So closer to 17, she had a bit more freedom. [Why is that?] Just age. (Hastings, Māori, more likely, female)

Modelling good behaviour around alcohol

A strong reason given by parents for supplying alcohol to teenagers under 18 years was to teach their teenagers better ways to drink in a safe environment. These parents were keen to model good behaviour around alcohol and demonstrate that alcohol could be consumed as part of a social gathering/celebration or part of the dining experience.

I'm hoping that I'm teaching my child the right way to drink, to be honest. I feel that if you don't let them have this opportunity, they will go elsewhere. Fingers crossed, I'd hope that he didn't do something like that, but then I'm realistic. At that age I know you want to do silly things. (Auckland, Pasifika, moderately likely female)

To me, if you have a couple of drinks at home you can teach them alcohol responsibility and what drinking responsibly is. So, if they go to a party, they have some idea of what they are

doing, because if they go out and have no idea what they are doing and decide to drink they get completely trashed. (Hastings, less likely, female)

These parents also talked about controlled integration and being able to watch how their teenagers reacted to alcohol with them around to keep an eye on things.

It's more open. [Is that what you think, that drinking at home is more open?] Yeah. I think, like anything, you need to learn how to use it, how it's supposed to affect you, and if you don't learn those things that's how you get into trouble. You do silly things. You need to know how far you can go with the alcohol you're drinking. (Auckland, Pasifika, moderately likely female)

I think a lot of it is controlled integration and exposure to the environment. If you can't drink alcohol until you are 18, you are not going to hold them until 18 and say, 'Here go have some beers and go to a party - off you go'. You can't leave your kids at home until they are 14, but the cops say you should start leaving them at home for little bits, leading up to that because at 14 you say, 'See you I am off for the day look after yourself' - so controlled integration and exposure to it as you get older. Give them a little bit, and if they prove they are alright, build how long the leash is, and how much exposure based on their responses to it. (Lower Hutt, more likely, male)

As my son gets older, I would give him alcohol in my own house, purely because I want to see what he is like when he has had one or two purely for my own sanity. Because his father was a really horrible man when he drank, and he beat the crap out of me so I want to know that my son does not follow that same trend. So I would want to know that my son can handle his alcohol and if he can't then there is no way I would give him alcohol ever; it would be like putting a gun in his hand. So I have thought about this and I would rather see what my son is like when he has had a few. (Lower Hutt, more likely, female)

They also wanted to demonstrate some balance around alcohol consumption and how they could stop drinking and not continue until 'wasted'.

[What is the benefit for [Name] for him to be able to drink at home with you in a controlled environment why would you do that?] To teach him how to socialise while drinking, because that is what it is all about. It is about socialising. It is not about getting wasted because that is the perception that kids have these days. Drinking is all about who gets wasted first, who can get wasted the fastest. [So you are thinking this is the way to change that?] Yes, so like I say with my older ones, I had them all with me in the garage and they told me they wanted to have a drink so, okay, cool, come and have a drink with me in the garage. And then like I say half a dozen and the music is slowly turned up a bit, okay that is my last can, that is us. But dad there is still half a dozen - no I am teaching you how to socialise. You don't have to get wasted - I have had a good time. (Porirua, Pasifika, less likely, male)

[Have you got anything else to add around supplying alcohol to under age and some of the reasons why you might?] It's the same thing, just teaching them a lesson and making sure that they know what they're drinking and how far they can go with the drinking before they feel sick or they feel they've lost control of themselves. Trying to teach them better ways to drink than what they've seen so far. (Auckland, Pasifika, moderately likely female)

Parents own personal experience

It was very apparent that a parent's own personal experience growing up, and how alcohol was treated, influenced their own parenting around alcohol and what was acceptable and what was not. Experiencing restrictive and extreme attitudes towards alcohol as a young teenager, and then breaking out, has influenced some parents to seek a more middle ground approach with their own teenagers.

[That is interesting you say there would be a battle, are you prepared to battle?] *I am quite open with my kids about a lot of things and partly because of the way I was brought up I was kicked out of home at a very, very young age but then I was secretly drinking because I wasn't allowed to do it. So I had all these restrictions being the only girl in the house and I wasn't allowed to go to parties but my brothers were, even though I was the oldest. (Lower Hutt, more likely, female)*

I grew up in a religious household. When I started drinking, boy, did I start drinking. I was underage at the pubs and drinking all the time. So I did get a bit out of control because no one did teach me anything. I was doing it with everyone else. I didn't get taught responsibility at all and it took me a long time to learn to drink responsibly. And my son has been drinking responsibly from the get go and I have bought him alcohol. (Hastings, less likely, female)

[So why do you think parents do supply alcohol for their kids?] *I didn't grow up in an awesome life either, and whole extremes of alcohol and physical violence, and at one point I wanted to be extreme and I thought extreme. So I tried not to be totally the opposite to everything. I tried to work out where was the middle ground and how come other people could give their kids a drink, or a watered down drink, and be kind to them, not heavy handed. If you want a drink, I know how much you have got and I am here. (Porirua, Pasifika, more likely, female)*

Was drinking under age when they were young

For a few, there was understanding that when they were young they had consumed alcohol underage, and so felt 'a bit' guilty if they held out on their teenager. Both family occasions and also sharing a drink after working on the farm were mentioned as 'just what you did on the farm or at home'.

My 17-year-old has been a late bloomer, but he has just started to go out, but the 16-year-old, because there is only 13 months between them, thinks he can go.... They are only allowed to take beer or cider for the 16-year-old because he doesn't like beer but 4% strength. And my reasoning behind it really is, for goodness sakes, I was doing it at that age and younger with my parents. You have to give them a little bit of leeway. I don't want them sneaking out of the house. I don't want them lying about what they are doing, be honest about it, you have your change, if you screw it up you don't get to do it until you are old enough. I am not stupid; they are going to do it regardless. I would rather them do it with me knowing where they are and with me controlling what they are doing. (Hastings, Māori, more likely, female)

I had left home by the time I was 17, and so I think of my daughter who is 17, and at her age I wasn't even living at home, I was out flatting. So I find it quite hard to still treat her like a child when I was living an adult's life. (Lower Hutt, more likely, female)

Having older siblings/ friends

Where there were older siblings it was apparent that younger siblings were consuming alcohol under 18 years. Usually, this started through attending parties with older siblings, or at family gatherings where everyone else was able to have a drink, so younger siblings were included to ensure they felt part of it all. In addition, 16-17 year olds were beginning to socialise with older teenagers or had older boyfriends and girlfriends.

I think it was just the social gathering that she was at. [So they're starting to mix with older people who are drinking] Yes. Just having a taste. (Auckland, Pasifika, moderately likely female)

[How realistic is it for teenagers to be alcohol free under the age of 18.] I don't think it is realistic any more. At 17 they are already associating with 19-20 year olds; boyfriends and girlfriends, so they are mixing with that group. So the alcohol is going to be there; if they are not already experienced enough to know what their limits are and have enough self-esteem to say, 'No I don't want a drink', then they are going to be drinking. (Hastings, more likely, female)

Will be drinking anyway so better to know what they are drinking

Some justified supplying alcohol for their teenager to take to a party as they would 'probably be drinking anyway, so it was better to supply and know what they were drinking'.

[Supplying alcohol to teenagers under 18 years] It does make me uncomfortable, but the reality is I might not supply it, but someone else will get it for her, and aren't I better to say I am putting my trust in you, here is two bottles of whatever. Don't take anyone else's drink, if I find out you have then it is over rover. (Hastings, more likely, female)

A few also considered that it was naïve of parents to think that teenagers were not drinking alcohol when under 18 years.

My wife and I expect them, at some point, to get way over the drink drive limit, we expect them, because God knows how many times I did it when I was their age. I think the main thing is not to get into a big showdown, but to say, 'Look this is why you don't drink too much'. I think parents are naïve if they don't think their kids are going to get faceless drunk. (Lower Hutt, more likely, male)

Isn't what we think is happening and what is happening way apart sometimes. We all want to think that our teenagers are doing what they are asked and told but history says they are not. [So does that cross your mind?] Yes, and so safety is a key for me. (Hastings, more likely, female)

Conversely, one parent also stated that they were perhaps naïve to think they were teaching their teenagers to drink sensibly.

Don't you think that is a bit naïve, because most teenagers aren't going to get paralytic in front of their parents? So my daughter will have one, but the reality is she would probably have more if I wasn't sitting at the table, but because it is that occasion it is all very toned down and controlled. What they do at the Thirsty Whale, I don't know when they hit that 18 mark, so I think it is a little bit naïve to think that we are teaching them to drink sensibly. We are supervising them very closely. (Hastings, more likely, female)

Keeping the peace

Parents also admitted that they could be worn down by their teenagers' own attitudes admitting it can at times be difficult to discuss difficult issues with their teenagers - 'everything is a drama'. In situations like this parents said they found it difficult to say no as they wanted to keep the peace. Also, their own child may want to conform adding to the pressure on parents to supply.

[Any other reasons why parents might supply teenagers with alcohol?] *It sounds really stupid saying it out loud, but it is almost so that they fit. And that does sound dumb to say it, because we should stand up to this, but you do want your child to be sociable and liked and with their peers, and it sounds silly saying it, but that is one of the reasons.* (Hastings, more likely, female)

[So do you get pressure from your kids?] *It is just because some are allowed to take a box of beer or alcopops or bottles of spirits, but the last party they went to there were still some tea totallers coming along, and they were all quite happy. They have actually got to that age where there is no harassment. So some were sober and some were drinking heaps. But the first few they go a bit silly, so you have to restrict it.* (Hastings, more likely, female)

In addition, while not their own view, some parents also commented on why other parents might supply alcohol to teenagers under 18 years.

Perceptions of parents wanting to be cool/ be their child's friend

A number of parents considered that 'other' parents thought it may be 'cool' to be the parent who did supply alcohol to teenagers under 18 years or be seen as their child's friend.

They also want to be friends with their children and they don't understand the boundaries. (Lower Hutt, less likely, female)

And I think there are too many that want to be the friends as you were saying, and the cool one. The one that all of the kids say to your child, 'Your parents are so cool, I love hanging out at your place'. So you have this whole popularity kick of wanting to be the one who everybody comes to. (Lower Hutt, less likely, female)

[You might know of some parents - some of these parties - and you might know where there are some parents who are supplying alcohol to kids under 18?] *Want to be friends with their kids. Want to be bestest friends with their child, especially when they buy them smokes and alcohol.* (Auckland, Pasifika, moderately likely female)

I know a couple of parents who supply their 16-year-old alcohol. [And how comfortable do you feel talking about it with them?] *They just want to be their mate.* [You have discussed it with them?] *Yes. They said why don't you?* (Lower Hutt, less likely, female)

They probably think they are being cool. That is making them feel important, they are making it about them and it is not about them, it is about that child. (Hastings, Māori, less likely, female)

Think there is no harm in it

Some parents knew of other families where alcohol was not seen as harmful and had different attitudes towards supplying teenagers under 18 years than their own.

Just different upbringings. I see the bad in it, but some people see no harm in it. [So some people think that there is no harm but your own experience has shown that there is harm?] Yes. (Porirua, Pasifika, more likely, female)

Get it from someone else

One parent commented that some parents justified their behaviour by thinking that they will still get the alcohol from someone so it might as well be them.

[What are some of the reasons why parents do supply alcohol to teenagers who are under 18?] They either have that idea, 'If I don't give it to them they are going to get it somewhere else'. (Hastings, less likely, female)

Key findings

- **Preparing their 16 - 17-year-old teenager for when they can legally purchase alcohol is a key reason for supplying alcohol under 18 years.**
- **Own personal experiences with alcohol (restrictive and extreme attitudes towards alcohol when they were young, has influenced a more moderate style in their own parenting) play a large part in how parents will react to supplying alcohol to teenagers under 18 years.**
- **16 - 17-year-old teenagers are treated differently to younger teens.**

5.5 Parental attitudes to a teenage party

5.5.1 Parental considerations in allowing attendance at a party

As we presented the scenario of a teenage party (see Appendix 2 – Discussion Guide), parents discussed a number of factors when considering whether to allow their teenager under 18 years to attend and possibly have alcohol,

At the initial invitation to a party with other 16 year olds, parents were concerned about:

- Who is going to be there? (Friends or wider group of teenagers they do not know).
- Where is it? (Local or further afield, place they know or not).
- When is it?
- Will the parents be there?
- Will there be alcohol?

Will the parents be there and I want to speak to the parents and will there be alcohol? I would slowly work through, but I would be speaking to the parents. (Lower Hutt, less likely, female)

I would have wanted to have met the parents at that age. (Hastings, more likely, male)

[So your son or daughter comes home and tells you they have been invited to a party, what are the questions you might be asking.] *Who, when, where? Who is the adult, who knows mum and dad? (Porirua, more likely, female)*

Who is the whanau; have I met them yet, where do they work, who are they? (Hastings, Māori, less likely, female)

I would ask if there is going to be alcohol there. (Hastings, Māori, more likely, female)

But for me the one question is, is there going to be alcohol there and then adults and then boys? I think for me when you start to add those ones together. But it depends on what kind of party; we want our kids to experience things and have a good time, but when you start to add in those things, even if they made good decisions. (Hastings, Māori, less likely, female)

Parents usually will follow-up on parental supervision and also put in conditions.

- If not already confirmed, they clearly want to know about parental supervision and want to talk to the parents or meet the parents etc.
- In addition, they made it clear that teenagers would be picked up at specific times.

I said, 'Okay so who will be the responsible adult because you are not going in there unless there is somebody who is actually a responsible adult'. If it was an Auntie, I would be kind of okay with that; maybe so long as once again I can just chat to them beforehand. (Lower Hutt, less likely, female)

What adults are there? (Hastings, more likely, male)

That is the sort of thing you are faced with after formal functions - after ball functions. [Have your children gone to after ball functions?] My one has. [How did you check that out?] I guess

it is the same - group of friends, know the parents, check up with the parents, we made arrangements who drops, who picks, some way of checking in with them at the party. (Porirua, more likely, female)

Knowing the parents will not be at the party usually meant parents were less likely to permit their teenager to attend and for some, knowing there would be alcohol there, was another reason not to permit attendance.

[So once you know there are no parents or guardians there that is the end of story.] *Yes. (Hastings, more likely, female)*

[This one says the parents or guardians of the friend hosting the party will not be there.] *No. You are not going. (Hastings, Māori, less likely, female)*

[[Name] what would you need to know?] *That there was no alcohol, because, at the end of the day, she wouldn't be allowed to go and that is just a rule of our house. She was allowed to go to her friend's sisters 18th, but that was 18 year olds drinking. [And she knew she wasn't supposed to drink.] She didn't. I am very lucky that I have children that aren't into being cool and popular. (Hastings, less likely, female)*

Key findings

- The 'who' will be at the party was the defining piece of information; this included knowing whether adults would be there and also friends.
- Equally important was whether there would be alcohol.
- Being 'party safe' was a key criterion.

5.5.2 Adult supervision

There was consensus across all the groups around what constituted adult supervision at teenage parties.

Key requirements were:

- **Being present**
 - Being visible.
 - Circulating through the party on a regular basis.
 - Know what is going on.
 - Mill around and check out the party goers.
 - Be watchful.
 - Constant.
 - Having enough adults to be 'present'.

I would like it to be more than just the parents. Because some parties get very out of hand, very quickly. And even the best intentions can go very quickly West, and I do think parents doing

that is awesome, but if you have got an older Uncle or someone who is an older person to help, if things do start to go wrong, because if a fight does break out, that parent is so involved there, what else is happening and it escalates really quickly. So I do think they need to be present. (Hastings, Māori, more likely, female)

I think parents should be visible but not necessarily part of it. [So visible meaning what?] We had a lot of food at the party, so whatever alcohol they had would be absorbed. And we were there in the kitchen and you had to go through the back door through the kitchen to get to the party. (Lower Hutt, more likely, female)

You are the parents and it is your house, so to walk through and say are you guys all good, enjoy yourselves and be a presence. You don't know how much extra alcohol kids have smuggled in. (Lower Hutt, more likely, female)

I suppose you expect them to mill; depending how big the group is, you would mill and put some chippies out, and make yourself look busy. Not like you are hovering. You are invisible but you are watching. (Hastings, Māori, more likely, female)

Conversely, adult supervision did not mean being onsite but having a concurrent adult gathering somewhere else in the house, or somewhere away from the main teenage party.

There are parents who think that if you set them up in a room or a shed and let them go for it then that is supervision. That happens a lot. (Hastings, less likely, female)

I have been to parties like that; the kids have got the cool mum and she is upstairs and you don't see her at all for the entire night. (Lower Hutt, more likely, female)

And not sitting in a room watching TV. (Hastings, more likely, male)

■ **Monitoring and control**

- **Watching and controlling who comes into the party.**
- **Be responsible for those who are on the street outside.**
- **Setting out/establishing guidelines for the party.**
- **Bag search/remove keys.**

I would be expecting them to be - if not in the room; they need to be able to hear everything that is going on, and to be regularly cruising through and monitoring. (Lower Hutt, less likely, female)

[So adult supervision at a party what does that mean, what are you expecting?] I guess for me I would expect, if there is going to be alcohol, how are they monitoring the kids' intake of alcohol? Just having the parents of the child whose party it is not enough. There needs to be other adults around. So that there is a ratio. And a bit like you not standing over them, but being able to monitor how much alcohol is coming in and how much is there; if they are bringing alcohol in, how much they are bringing in? (Porirua, Pasifika, more likely, female)

When it is adult supervision and my kids have gone to 16-year-old parties, I am more concerned that there is an adult at the gate stopping gate crashers coming in. Because I know people who have had that experience, so I am concerned who is in the driveway stopping gate crashers coming in. (Lower Hutt, less likely, female)

[You touched on another thing about the host and adult supervision. If you're thinking about the party, what do you expect them to be supervising?] *I'd expect them to be in the party and watching the drinking. Watching the people come into the party as well, because a lot of times they text their friends and they're uninvited and it's like a party for 20 and then 300.* (Auckland, Pasifika, moderately likely female)

■ Being a good host/ providing food

And you have to keep them fed, because if they are drinking they have to have food. (Hastings, more likely, male)

And that they are present and providing food which is a biggie. And that they are circulating a bit, rather than stuck in the study watching a DVD. (Hastings, less likely, female)

They should be in the kitchen preparing food and constantly feeding them. (Hastings, Māori, more likely, female)

■ Being sober

[What does adult supervision mean for a party?] *The adult is sober and not drinking.* (Hastings, less likely, female)

[So if you are thinking about supervision at a party what would adult supervision at a party mean?] *No alcohol; bag search when you walk in the door.* (Porirua, more likely, female)

■ Making contact with other parents

- Meet the other parents (under 18 year olds).
- Know the whānau; parents working together.

[What do you expect with adult supervision of a party?] *I'd like them to speak to the parents, probably speak to the people attending the party as well, make sure that there is guidelines and they need to abide by those guidelines, otherwise they can leave.* (Auckland, Pasifika, moderately likely female)

I would just like to meet whoever it is and to quiz them, and get a gauge on whether or not they are trustworthy, or whether or not they are the sort that will say one thing to appease a parent and turn a blind eye. (Hastings, less likely, male)

For us living in Hastings you kind of know a lot of whānau and, to be honest, there are some where I will say yes and some where I will say no. So I went to school with them, or I know their whanau, and I know what they think about alcohol at parties. So me I am okay because I know their dad from back in the days and our kids are mates. So it kind of depends on who is in your community and whānau and what kinds of lives they are living as well I guess. (Hastings, Māori, less likely, female)

Key findings

Adult supervision is:

- Being present
- Monitoring and control

- Being a good host/providing food
- Being sober
- Making contact with other parents.

5.5.3 Remaining alcohol free till 18 years

■ Not realistic to be alcohol free till 18 years

Many parents (both those who were more likely and, to a lesser extent, those less likely to supply alcohol to teenagers under 18 years) considered it was not that realistic for their teenagers to be alcohol free until 18 years.

Indeed, those parents who were more likely to supply alcohol fully expected their 16-17 year olds to be trying it out. Believing this, they wanted to be the ones who introduced alcohol and also wanted to control the environment and what was consumed. They thought it was more realistic for teenagers to be alcohol free until 16 or 17 years (but not until 18 years).

[Is it realistic for teenagers to be alcohol free until they're a legal age, until they're 18? How realistic is that?] *Not in this day and age. [Why do you say that?] You have those shopping places that they go to on the computer. Who's to say that it's a child ordering something? [Online shopping for supermarkets, they do say you've got to be 18?] I think so, yeah. But saying it and doing it - you're using your mum's credit card anyway, so obviously that's an adult ordering food. (Auckland, Pasifika, moderately likely female)*

[Why can't you wait until 18 to prepare them?] *Because they want it when they want it and he's decided that 16 was when he wanted to try drinking. (Auckland, Pasifika, moderately likely female)*

[How realistic is it for teenagers under the age of 18 to be alcohol free do you think?] *Not a chance. (Hastings, more likely, female)*

[How realistic is it for your kids to be alcohol free until 18, it is not very realistic that is what you are saying isn't it?] *You might get 1 out of 4 or 5 who will wait until they are 18 and great, that is awesome, however, it is not going to be the same for the next one. (Hastings, Māori, more likely, female)*

It was apparent from the discussion that some parents considered they were being good and responsible parents by permitting limited and controlled alcohol consumption for their 16 - 17 year olds.

[What about if we are getting parents to think about supplying alcohol to under 18s is there a message out there to help parents think twice about that?] *I don't think that is the culture, I think it is the binge drinking culture that is the problem. It is not somebody supplying their kid like the Europeans do, they start having wine with a meal that is teaching responsible drinking. (Hastings, more likely, male)*

5.5.4 Reasons for supplying alcohol to teenagers under 18 years for a party

When supplying for a party, it was usually low strength alcohol and in limited quantities. These parents were more comfortable supplying some alcohol as they could control the amount and alcohol strength e.g. two bottles of 2% cider. They would rather know that their teenager was drinking what they had supplied, rather than drinking what other party-goers may have.

[Has anyone here been asked by their teenager to provide some alcohol?] *Yes, at 17. [And have you?] Yes, he had a limit of four beers and that was it. And the other one who is 14, he now says, 'Can I have a drink' and he can have one of those 2%, and he sits on that and thinks that he is really cool. (Hastings, Māori, less likely, female)*

[So you are okay to buy alcohol for younger ones?] *Honestly I did it Saturday night but once again different children, different attitudes; they were together and [Name] is 17, [Name] is 16 and they are together and you would think [Name] was the older one. But once again he was only allowed 4 little bottles of cider 2.5%. They are not doing every week. This was the first party in maybe 8 weeks that they had been to. I have to let them have a little bit of leeway. I have to give them a little bit of trust because, by God, I know of kids who are sneaking out and doing stuff they shouldn't be, and if they feel like they can come and ask, I supply it, I know they are not doing any more than that, I know they are getting the right percentage. And I did it sensibly at that age, so I think I have to let them into it. (Hastings, Māori, more likely, female)*

So I went into our local and said I want the lowest alcohol cider you can get, and I came out with a 1% one that looks like alcohol and my daughter threw a tantrum all the way to the party about it, but she took it and came home. Image is everything to them, and taking a bottle of lemonade wasn't really going to cut it. And she is Year 13. I didn't do it in Year 12, but in Year 13 they are different, and they are a bit more responsible. She ended up going down to Otago the next year, and she flats in Castle Street behind couch burning flats. So they have to learn how to control it and be okay. [So you feel as though Year 13 was a time while she is still at home that you were able to prepare her.] For being away from home. (Lower Hutt, less likely, female)

Well some, a couple of bottles. [So even though he's under age, you don't mind?] No, he's taking his own and it's only a couple. He's not taking a whole bottle of whisky. (Auckland, Pasifika, moderately likely female)

Most of them have fairly precious supplies and they are not that good at sharing. The question I put to Miss 18 is, 'Why do you need alcohol?' and it is basically just because everyone else is going to and she wants to be a bit social. She doesn't want to get drunk, because she has grown up with the aftermath of it. We bought her a 10 pack of those horrible RTD's and it lasted her about five or six parties ... If you fight it, I think you are in for a shit fight you will never win. (Lower Hutt, more likely, male)

5.5.5 Teenagers drinking without their permission

It was apparent from the discussion that for many parents trusting their teenager to make the right decisions regarding alcohol was a contributing factor in permitting their teenagers to attend parties, take alcohol to parties or attend parties where alcohol would be available.

... I don't expect to be let down and you be responsible, and she pretty much hasn't let me down. So I have given her a lot of freedom, and a lot of her friends come around to our place, probably because they get a bit more freedom, and they stay at our house because it is on the way to Courtney Place, but we set the rules for them. We have sat the friends down and said, 'You are welcome to stay here the night but what we expect is for you to stay together'. We are only about 100 metres from Courtenay Place, so we have had to try and manage it. ... But we basically put the responsibility on our daughters to behave themselves. I am probably classed as a classic liberal parent. (Lower Hutt, more likely, male)

The majority of parents would feel sad and disappointed rather than angry if their teenager had been drinking under age without their permission. Moreover, they felt it was more their teenager's responsibility to make the right decisions rather than attributing total responsibility on an adult supervisor. Notwithstanding, they would also be saddened by the actions of others in supplying alcohol to their underage teenager.

[So how do you feel when you see other people supplying alcohol to your teenager?] My 17-year-old came back earlier on, and he had those drinks, and it has got nothing to do with the parents I have decided, it has got everything to do with him. He should have done better. [So you are trusting your own judgment bringing up your own child.] Absolutely. And do you know what I don't think he is going to make the same mistake again. (Lower Hutt, less likely, female)

I don't think you can purely blame the adult, you can't go my poor Mary you gave it to her, poor little Mary has got drunk you shouldn't have given it to her, whereas poor little Mary shouldn't have taken it either. I am hoping that I have brought my daughter up well enough so that she will say okay you are offering to me; I will have a sip but I actually don't want to go there thanks. (Lower Hutt, less likely, female)

[I am still interested that you are trusting your teenager to do the right thing in different situations and sometimes they don't make the right decision.] I would feel sad; first of all, that somebody thought that it was okay to be giving my daughter alcohol without talking to me. If they rang up and said, 'Do you mind if I give her a half a glass of wine while we are doing this', I would potentially say, if I know you, okay maybe. But if they are giving my daughter alcohol without checking with me, then I would be sad and disappointed. (Lower Hutt, less likely, female)

[What would be your reaction if your child did get drunk without your permission?] Really, disappointed actually. I'd probably ground him. Yeah, really disappointed because that's not something that I taught him. At 16 that's a no-no. (Auckland, Pasifika, moderately likely female)

One parent did admit to feeling very angry (based on his own past experiences with alcohol and the damage and consequences it has had on his life) and said he would take his kid down to the Mongrel Mob and show them where they might end up!

[What if [Name] went around to his mates' place and he had obviously had a drink how would you feel then?] I would feel angry and obviously want to know what had happened. And tell

him how displeased I am with that and if he really wants to do it, let's go to the pad then. I will take him to the pad, the Mongrel Mob pad; here you go if you want to go hard bro, go hard and I will take you to it. We won't pretend on the outside that we are big bad mobsters let's be big bad mobsters or Black Power or Hells Angels or whatever. Because, again, obviously my connections through when I was a young fella, led me into jail, which meant that I met a lot of people. So I know people in the 61's, I know people in the Black Power, I know people all over the place in all types of different gangs. So I utilise those resources when I need to utilise them. [So you would take action.] I wouldn't physically touch him, but he would know that I was disappointed and, again, when I start barking they know they have crossed the line with dad and it is probably going to take a little while to get back on the right side of dad. (Porirua, less likely, male)

Key findings

- Teenagers under 18 years drinking without permission saddened and disappointed parents more than angered them, as this was seen as a breach of trust and poor decision-making.

Shifting parental attitudes

A general discussion on how parents dealt with and sought help for some of the parenting challenges identified earlier highlighted the importance of communication between parents and teenagers. Parents talked about how they worked hard to keep lines of communication open with their teenagers; discussing the reasons why they held the views they did regarding alcohol.

6.1 Importance of communication with teenagers

Parents all mentioned that communication was critical when addressing the challenges and concerns facing their teenagers. They all strived to maintain open communication with varying degrees of success as they were navigating often uncharted territory for each child. Key tips were to:

- Not pass judgement.
- Not embarrass them.
- Build in one to one communication and find the time to talk.
- Remind them they were young once.
- Acknowledge that as parents they did not have all the answers.
- Be consistent.

Communication is key, if you communicate and don't punish for everything, and you just communicate and want them to let you know what is going on so you can help them. So you do sometimes have to not pass judgement or punish them, because you want to know what is going on and you want them to keep the communication channels open. (Hastings, more likely, female)

*I think it is **clear communication** with my child and, at the end of the day, if you supply alcohol and they get out of control and something happens to the other children, that is on your head. (Lower Hutt, less likely, male)*

*I think it is important to be involved with them and let them know that you are around, and words like trust and responsibility have come up a lot, and **communication is another one**. We have talked about involvement in their lives. (Lower Hutt, more likely, female)*

***Just communication. Sometimes she doesn't always communicate back.** But it is just watching and knowing and spending that time that is important. Because life gets so busy, especially if you are working and all the rest of it, and if you don't take the time sometimes you miss things. (Hastings, less likely, female)*

I have to remind her that we were her age once, because they think that we haven't been through it, but we have all been through it. So they think we don't know and we don't understand. (Porirua, more likely, Pasifika, male)

While communication was critical, there was acknowledgement that teenagers would not always turn to them with issues or concerns and that they may be the last person their teenager wants to

talk to. However, reminding their teenagers that, as a parent, that is what they were there for, could help and they were willing to stand up for their child.

And also them knowing that there is support out there, if they don't think they can come to us for something. My son has been caught twice already in situations that have come up, and he said to me recently that he has been feeling really angry, because he blocked out some stuff and some stuff has come back up for him and he has been having some nightmares. So I was talking to his school, and they have said they have a counsellor for him, and it was something that I didn't feel that I could handle. And he doesn't want to feel like that, but it is really good that they could set that up and he still comes and talks to me about what went on in the session. But it is not all just him or us, there is other support out there for them. Now he is seeing that this bad stuff happened to other kids, and they are taking drugs and getting drunk all the time, but he says, 'I have got a choice, I can talk about it and work through it and still become what I want to become'. (Hastings, more likely, female)

[Some parents might find it harder, they might not have a strong relationship with their parents to bring up a tough situation.] *Sometimes I found what worked is, if there is an adult they relate to. I have had situations with my daughter, where she could relate to her math's teacher about some things. He was willing and able to talk to her about school related stuff, and she just found it easier to talk to him. And I have to say that I didn't really expect that, but when I got to know him as a person, I could understand why she found it easy to talk to him. [So sometimes as a parent it is recognising that you might not have all the answers?] Absolutely. (Porirua, Pasifika, more likely, female)*

It should also be noted that parents saw the teenage years as just one stage of parenthood and that parenting began way before the teenage years. Each stage in their child's life was a stepping stone, which they had been building on since first becoming parents. Consequently, pre-teen chats about alcohol were considered an important part of parenting. In addition, they were supported in this through pre-teen education on drugs and alcohol provided through school.

I think I have been talking to my kids at different levels right through; it is no use getting a teenager and then thinking shit I had better start parenting. (Hastings, more likely, female)

[Other challenges?] *When they hit a certain age, you're allowed to let them do certain things, but I hope that I've taught my children well enough to be sure that they make the right decisions. Some of the things up there - [Learning independence?] I guess so. [Eventually you know they have to make these decisions without you being there.] Yes. [And you're hoping that - but it is a challenge because you don't know until you step back.] Yeah. (Auckland, Pasifika, moderately likely female)*

They do teach alcohol and drugs at intermediate. And there is another one called Me Too. (Hastings, less likely, female)

Key findings

- Use communication tools/education for teenagers as a vehicle for supporting parents as they discuss alcohol related issues.

6.2 Strategies and support to help parents address teenage drinking

A number of key strategies were identified for parents by participants. Understanding the multiple challenges and concerns that parents face as parents of teenagers was crucial. As noted earlier, alcohol was one of many concerns that parents were dealing with.

Strategies identified included:

- 1) Parents and community supporting each other to keep teenagers safe.
- 2) Support to be a more effective parent/promote parents being involved with their teenager; “know your kids”; parenting education
 - Parenting education with Māori perspective
 - Parenting education with Pasifika perspective.
- 3) School reinforcement and messaging.
- 4) School counsellors.
- 5) Being reminded of the damage of alcohol related harm.
- 6) Outline the legal ramifications.
- 7) Using TV programmes to initiate conversations with their teenagers.
- 8) Encourage parents to talk to their teenagers.
- 9) Have some positive stories.

6.2.1 Supporting parents through networks, support groups and online forums

Having strong family support structures and other family members who supported and reinforced their stance on alcohol, helped current parents remain committed in their stand. Parents recognised it was hard for them when faced with how alcohol was normalised, noting they were made to feel bad when they took a tougher stance.

It is hard when you are fighting a society where alcohol is the norm. It is absolutely normal in this country and the alcohol industry must rub their hands together. And even our family think we are weird - we don't drink. They think, what is wrong with you people? It is so engrained in us to drink. And I think it is important to have messages that counter that. It is okay not to drink. (Hastings, less likely, female)

They have lowered the age; they have extended the hours, so our young people aren't going out until 11 o'clock at night and loading up before they go and staying out until 3am. Back in our day, the pubs closed at 10.00. Marijuana will one day probably be legalised but I don't want

my child smoking marijuana. Society is pushing us parents to accept. (Hastings, less likely, female)

They think “she is so old fashioned, move with the times, everything is changing, society is changing”. (Lower Hutt, less likely, female)

They suggested that facilitating ways for parents to talk to other parents might help develop solidarity with other parents. This could be through parent networks, social media and online forums for parents to get advice and also support. Knowing ‘you were not alone’ in wanting to protect teenagers from alcohol related harm would provide validity to their views when pressured by their teenagers.

It was important to support parents to talk to each other, bounce ideas and generally reinforce good alcohol behaviours for teenagers under 18 years.

Furthermore, it was noted that any support should target all parents and not single out any ethnic or social group.

[So what messages would help parents like yourselves continue on the path you are on?] Solidarity. Talking to some of the other parents and just what we are doing now. And finding out we have very similar opinions. (Hastings, less likely, male)

I have friends on Facebook who will jump on and say, ‘I have an 11-year-old who wants a 10 o’clock bed time what does everybody think?’ and we all jump on and give our opinion. That has happened; my 6-year-old wants to watch such and such what does everybody think? (Lower Hutt, more likely, female)

And I think that is a really key thing for us that, no matter what, we have still got your back. And so if the kids sneak out, we have still got your back. We will lecture you tomorrow, but we are there. So we have had other parents ring up and say, ‘Hey I saw your kid over at this party’ and we say thanks. There have been times when I have rung other parents up and said, ‘Hey I picked your daughter up from a party last night’. [So the parents are working together?] Yes. I think particularly in our community, there is a bit of that where you have got your kids backs a bit. And I certainly want them to ring me. (Hastings, Māori, less likely, female)

It would be pretty easy to set up a Forum where you can go and discuss and get advice from other parents. (Hastings, less likely, male)

And if you had a good relationship with the rest of the parents in their group, maybe you could ring and say this is where we stand, I don’t know how you feel, but we are saying no and this is why, do you feel the same way? (Hastings, Māori, more likely, female)

6.2.2 Support to be a good parent/promote parents being involved with their teenager; “know your kids”; parenting education

It was important to acknowledge that the majority of parents strive to be ‘good parents’ and all this entails. Being good parents included knowing their teenagers well and providing a strong family environment and role models. These parents also recognised they had the added responsibility of looking out for their teenagers’ friends.

I think the kaupapa of every kid matters, so if you are going to do that, step up and look after these kids. If whānau are going to do that because whānau do, then it is taking responsibility for everyone's kids. Look after our kids, because they are all of ours and they belong to all of us and we need, like you said with your daughter's mates, we need to make sure we are keeping them safe. (Hastings, Māori, less likely, female)

If you abdicate all your parental responsibility, and go away for the weekend, you are not going to know what has happened. So the more you are involved, the less likely that is to happen. (Hastings, more likely, male)

[What about the rest of you?] I guess it is like being part of your child's life, but not actually in their life, so knowing their friends and even a step from that their friends extended friends. Because often it is not the tight group, it is the group outside of that. (Hastings, Māori, more likely, female)

Notwithstanding, support and reinforcement on being good parents was welcomed. Parents were willing to learn more about being parents of teenagers; they all recognised that it was not an easy time. Some suggested that having parenting classes/ education for parents of teenagers would be helpful.

[So what do you think would help parents make the right decision?] Education. Just listening and observing what is happening. (Hastings, Māori, less likely, male)

[So what would help parents like you make the right decisions around supplying alcohol to teenagers?] I think there should be more education out there; all the education is driven at adults, there is not a lot of education around younger children and alcohol and the effects of alcohol. (Hastings, less likely, female)

And as a parent and listening to you [Name], I am taking in a lot and learning a lot from what you guys are saying, and I think as far as parental education is concerned, just listening to real people talk about their own real experiences with their own real kids in a non-judgmental way. (Hastings, less likely, female)

Notwithstanding, there was a cautionary comment, that those who may really need to hear the messages may not be the ones who would attend.

I don't know if seminars or meeting groups would hit some of the people that really need it. I don't know if that Principal would rock up to that. I think there would be a whole bunch of people in the middle who would be great, but your problem areas, your wealthy and the other end, are not going to go to those things. (Hastings, less likely, female)

■ Parenting education with Māori perspective (supporting whānau)

Māori participants indicated that holding workshops with the right people involved, might be a possibility. They identified a recent workshop led by Mike King on depression and teenage suicide as being well attended and beneficial for the local community, and suggested that this might be one way to engage Māori participants.

[I want to try to understand for Māori families what is going to help parents like yourselves and other parents who might be on the fringe of making the right decision or not, what support do

parents need?]
I think they need to be educated. It would have to be professionals that either do workshops with them, or even social workers going into schools, and the Police; it would have to be a joint team working together. (Hastings, Māori, more likely, female)

There was the one with Mike King who came down to the Hawke's Bay along the lines of teenage depression. It was very interesting. (Hastings, Māori, more likely, female)

[So having someone like Mike King?]
He goes over a vast area of things; it is not just specific. He goes on about alcohol, depression, suicidal thoughts and the hormonal thing where a switch goes on in your body and, all of a sudden, it is just not right, but they don't know why it is not right and then that is, of course, when the issues start coming. (Hastings, Māori, more likely, female)

Another possibility was working through wānanga for Māori.

I think for Māori and Pasifika this type of forum is not going to be great, TV is not going to be great, you want to do things like wānanga or through the churches. There is a lot of wānanga going on around weaving and stuff like that and if you throw in a brain development one or make that a portion that is going to hit a lot of people but in a learning environment that they are able to relate to. (Hastings, Māori, less likely, female)

Notwithstanding, Māori participants recognised that holding workshops, while worthwhile, was not the way for many Māori parents. Participants thought that a number of Māori families would be defensive and uncomfortable in a school setting and also would not recognise they needed support to improve their parenting skills and how to address alcohol related harm.

It is a tricky one, and I know we are talking about whānau and parents and depending how we do it, we could get some whānau a bit defensive. "I am a good parent and I can give them a drink", so it has to be quite smart and it has to be done in a framework that fits well with the whānau. And that is why I would be a little bit hesitant about the school setting. (Hastings, Māori, less likely, female)

A friend of mine works for a social services organisation and they had this thing and, bless them, it is an entirely Pakeha social services organisation, and they called me in as the Māori person to get a Māori perspective and said, "hey why are we not getting parents or whānau coming to any of these things we are putting on for Māori?" and I said "well it is the way you are delivering it to parents is kind of telling them subtly that you guys are rat shit and you need to know how to be parents, so you have to come along and listen to a psychologist lady talk to you guys about how it is to bring up your kids". (Hastings, Māori, less likely, female)

Someone can go in one on one with those families; you are not going to get those families into a korero like this. They just won't come. (Hastings, Māori, more likely, female)

For a number of Māori participants their experience of how alcohol affected whānau was very real, having grown up with alcohol or seen the effects of alcohol on family. They acknowledged that some of these family members would not participate in discussion groups or workshops and would be hard to motivate to change behaviour.

The ones you are aiming at are never going to change unfortunately. (Hastings, Māori, more likely, female)

Not only would you have to break through the barrier of contacting Māori families, but you unfortunately would have to go down the gang side of things as well, because that is where a lot of them are. And that is the mentality of a lot of unfortunate families. (Hastings, Māori, more likely, female)

And for many Māori families, they were struggling financially and coping with strained and fractured relationships, with participants acknowledging there were no easy answers.

[So how do we get that going, how do we give the control to the parents?] I can't help but think what you were saying at the beginning, it is the whānau with broken homes. That is where the risk is, that is where the teenage pregnancy is, and that is where the assaults are, and that is where all the risky behaviour is coming in, and I don't have the answer for those whānau that are really on the fringes. (Hastings, Māori, less likely, female)

I think that is why it is so complex, because you are dealing with more social issues and poverty and deprivation. There is another layer of society and I think the promotion stuff and programmes can sometimes trivialise it. My kids think it is a bit funny, but there is the serious side where it is quite damaging to our homes, because you can see the needs of kids aren't being met that well. (Hastings, Māori, less likely, female)

Māori participants were also fully aware of other parents who were not making safe decisions for themselves, let alone for their children.

It is really hard, I just think of my immediate whānau who, numerous times, have lost their licence for drink driving. It is really hard to get them to be the role models, and talk about alcohol in a positive way and a way that is protecting them and making safe decisions, when they are not really making good decisions themselves. (Hastings, Māori, less likely, female)

Two weeks ago, my nephew is 12, and he lives with his dad and week on week off with his mum and my sister was at his house for dinner with her two children who are 9 and 7, and she said to him go to the fridge and get a drink, so they went out and had juice or fizzy and he marched back to the table with a beer and he opened it, and my brother had a smirk on his face, and he started drinking it.... The fact he thought he was allowed to go to the fridge and get a beer for himself; he is just 12 last months. (Hastings, Māori, more likely, female)

I really like what you said [Name]; that it is sometimes up to the kids to make a decision better than their own parents' can, by stepping back and listening to their peers. Because sometimes the parents are just way off. (Hastings, Māori, less likely, female)

■ Parenting education with Pasifika perspective (supporting Pasifika families)

Similar to other participants, Pasifika participants supported the idea of promoting parenting education that included how to deal with alcohol for teenagers under 18, as one part of a package for 'parenting teenagers'. It could be run by and at the local Pasifika church. Another idea was to have like-minded parents meeting together with parents and teens. Also, this might help Pasifika parents to talk together and get to know their teenagers' friends and parents.

[Who do they listen to?] One of the things I tried was like-minded Pasifika parents - we try and have regular gatherings with our teenage children ... There is a group of us like-minded parents, who probably work in the same area and same sector. who have children around the

same age. [Who initiated that?] *Two of us, because we wanted to get to know who the other kids were. For me, I wanted to know who my daughter was hanging out with.* [Do you think that would work for other Pasifika families if they encouraged other parents to do that?] *My experience with Pasifika parents is we like to get together and talk and get to know each other. [So a message could be get to know your children's friend's parents?] Yes, get to know your kids friends and their parents, just so that you have a better idea.* (Porirua, Pasifika, more likely, female)

It was noted that for Pasifika; having the Pasifika churches supporting the workshops would be needed. For those not involved in the church, including the local Pasifika elders would be required.

[Do you think if someone from Pasifika church actually fronted something to say "hey we are here to help, come to us".] *Yes, community centres. Some churchy person because they see that as an authority figure, and somebody that they should listen to. Maybe the priest even, sending those messages.* (Auckland, Pasifika, moderately likely female)

A lot of the Pacific Islanders are involved in church and they have the different youth groups and parent things. (Porirua, Pasifika, more likely, female)

[What about the Pasifika families that aren't close to their church.] *There are elders in Porirua, those people who we have elected to represent our suburbs, to be out and about and congregate everybody together. It is not a parent kid thing, it is a community thing, and the community needs to get involved.* (Porirua, Pasifika, more likely, male)

Pasifika parents also supported having workshops/education that had a parent support focus rather than a single alcohol focus.

[When we think about all these challenges for parents of teenagers, is it better to put it together and not just single out one thing?] *Alcohol is one thing. There are other things that the parents have to go through. Alcohol is just one. [Does that make sense to you? Do you think that would be better?] It does make sense because everybody likes information, everybody likes to know what's going on, so maybe having a whole range of things, more than just saying no alcohol, would be better understanding for teenagers and parents.* (Auckland, Pasifika, moderately likely female)

[What do you think for Pasifika parents about not just singling out one thing? Would it make it more comfortable for Pasifika parents to think about it, or not?] *Group it together, it might be just too much information for them. Maybe something like this. This is to do with alcohol, but it's also to do with a lot of other - friends and peer pressure and what they - because the sexual risk-taking, you don't even have to be drunk and doing that. Yeah, so this is concentrating on alcohol, but a lot of problems do come up from just being a teenager and having friends that are risk-takers.* (Auckland, Pasifika, moderately likely female)

Also, any education message needed to be based on real life experiences rather than cartoon type messaging, as it was thought that having real life experiences that Pasifika can relate to would have greater impact.

[Other issues for kids around safe sex and teenage pregnancy or don't drink when you are pregnant, there have been all those different campaigns as well, is there anything in any of those

campaigns that you think is going to help parents to put a message around being safe when drinking and it is really not a good thing to drink when you are under 18. What do you think is going to get through to Pasifika parents to help Pasifika teenagers manage their alcohol better?]
I am not too sure if it can come across in any campaign. The only way it really hits home is when it happens to your family, to your child. So unfortunately it has got to take a death. It is about the reality of things. So if it is real i.e. it has happened to this person and they are giving you their true detailed account of what has happened, we feel that as Pasifika - doesn't matter if we are related or not. I suppose everybody feels that, I can't just say Pasifika. But with Pasifika, we are quite tight and we have that so called aroha and love for everything. So for it to be real it would make me open my eyes. If it was just a cartoon sketch, let's just make up something to try and make it hit home - no. So you have to make that real. Then the parents would see that on the TV, and they would relate to that and think that is me. That is real.
(Porirua, Pasifika, less likely, male)

It was noted, however, that some Pasifika families might be reluctant to share their concerns with others in the Pasifika community as the Pasifika community was small and they would not want to bring shame on the family. In these circumstances, Pasifika parents were more likely to keep any concerns or issues to themselves, rather than seeking support through parent networks and forums or parenting education workshops.

[What support is there out there for Pasifika families if they're having tough times with their teenagers?]
Their families. But sometimes they don't want to listen to their families. Like they feel that they've failed. You give your kids everything, but sometimes they feel like they haven't done enough for their kids if their kids are having problems. [Is it harder for Pasifika families to reach out for help because they do feel like they might have failed a bit?] *Yes, it is hard.*
(Auckland, Pasifika, moderately likely female)

For those who found it harder to reach out within their local Pasifika community and those who were new to New Zealand, wider networks and support should also be offered i.e. need more than just Pasifika networks of parents and Pasifika parents encouraged to reach out for this support.

A lot of these were challenges for our parents and they are also challenges for us as well, and they are also challenges for our Pasifika community in general at varying levels. One of the things I find difficult is the networking in terms of being able to access other resources that are available. For instance, if I find it difficult to talk to my child about something, then who might I be able to approach? I think we still find that is a barrier to be able to do that in a way that we are comfortable with. And I see this within my own family. We think if I keep it as close to my chest as possible I can deal with it, but a lot of times it just becomes too overwhelming.
(Porirua, Pasifika, more likely, female)

[And I have had younger Pasifika people tell me the community is so close that if you share it with someone it becomes everybody's business.] *That is what I mean about looking at different networks and not just our own. I say to my family, 'We have to be very careful about being insular about these things'.* (Porirua, Pasifika, more likely, female)

6.2.3 School reinforcement and messages

Schools were a good place to support parents, both through support services such as counselling and mentoring and also through message reinforcement. This provided extra support to the messages parents were promoting around alcohol related harm.

I know at school they bring people in to talk about alcohol, it started year 6 with [Name] and they have a range of different counsellors at the college that they can go to. And they have two mentors per class now, and these are the Year 13 students who are out there now, and they can talk to them as well. So these 16 and 17 year olds are at college now and they have a bit of knowledge of what it is like out there, so they can talk to them as well. (Lower Hutt, more likely, female)

[So are there any campaigns or education programmes that has helped you address any of these or given you ideas?] Through school, not so much high school, but the primary school my children went to, there was always stuff in the newsletters every week about social media and other activities. We did a lot of things with the school, different parent things at night throughout our whole schooling. There was always stuff there if you needed it or wanted it. (Hastings, Māori, more likely, female)

6.2.4 School counsellors

It was apparent that some school counsellors were doing a good job in supporting parents and teenagers when facing difficult and challenging issues. Parents would turn to school counsellors when concerned about behaviour, mental health, bullying, etc. Also sometimes teenagers found talking to an independent adult or another adult they can relate could be helpful.

School counsellors could be considered in any strategies to address alcohol related issues among teenagers and their parents.

[Do you think that parents know there are enough supports out there to help you through like schools and counselling and things like that?] School is the place to start and they often have those support systems in place, but can refer to outside agencies as well and support the student. (Hastings, more likely, female)

I think the schools could play a vital role, because they have the parents and the children all in one place really. But my general experience is that kids in high schools don't always encourage parental involvement as much as say primary school did. ... Maybe it should be a bit cooler so we can share and know each other. You might meet your son's best mate's mum and dad and then, all of a sudden, there is that whole looking out for each other. (Hastings, more likely, female)

I was lucky that I found a counsellor through his primary school who was awesome, because his first counsellor was useless. And she has been in programmes as well that they have recommended to help him. And now, currently just the school counsellor, and if she doesn't work I will find another one that does. A lot of it is bullying, depression, relationships, not peer pressure because one thing I will give him is he is a strong kid. I never have to worry about peer pressure with him, but he is isolated. (Hastings, less likely, female)

6.2.5 Being reminded of the damage that excess alcohol can cause

It also helps seeing the damage from alcohol. Being reminded of the health impacts, including depression and the social damage was suggested. It would also be helpful to have solid evidence on some of the consequences of alcohol for teenagers under 18 years for parents to assimilate.

Seeing the damage that can be done from alcohol and alcoholism. It is the lifestyle and the health damage. The brain damage. (Hastings, more likely, female)

[So have there been any other campaigns a bit like that?] I just saw that campaign the other day with the girl who had the crash; was it a campaign or was it on the News? She had a crash, she was 21 years old and it showed her dad and he said my lovely daughter, they were milking the cows or something - must have happened in the Waikato, milking the cows at 8 o'clock in the morning and, by 10 o'clock, she said she was going to the mall to have lunch and meet some friends and dad didn't realise the lunch with friends they were going to have some wines and some lunch, and she jumped in the car drunk and crashes and next minute she is paralysed. I saw that the other day and I related to that because, again, I have had family die and I have had bros in car accidents who are paralysed. Like I say I feel that and I wouldn't want that on my kids... (Porirua, Pasifika, less likely, male)

[So the decisions you are helping make for your young person is that going to affect their life in the future, so providing alcohol under the age of 18 can it impact on their developing brain. Is that a message that other families like yourselves would think it important enough to make a stand?] There was young woman on TV the other night from Hawkes Bay, and she was only 21, but exactly this message about drinking and, interestingly, the fire department used her as the face of their campaign. Her story was young drinker, unlicensed or learners licence driving an unwarranted vehicle, had an accident and now in a wheelchair. Powerful message and from her, as a 21-year-old talking about all these decisions she made, even though people were talking to her about the possible consequences but, in her head, her thinking I have got this. Interesting, she talked about how she thinks differently now and it makes you think of the impacts on the developing brain. She started drinking at 12 or 13 or something. (Porirua, Pasifika, more likely, female)

6.2.6 Outline the legal implications of supplying alcohol to teenagers under 18 years

Being tough was also suggested. Publicising the consequences and any prosecutions when the law was broken might be a good reminder to parents and teenagers. In addition, parents need to be informed of their rights around the supply of alcohol, as they were often being bombarded by the rights of their teenagers.

[Any ideas that you think will help parents keep teenagers' alcohol free under the age of 18?] It is just following through with their legislation. It is there but they don't really police it. (Hastings, less likely, male)

The legal stuff, why is there not something explaining the consequences of what the parents would face, so that other parents can do them in if they are allowing it. If it is causing them issues with their children because others are allowing it, and your children are sneaking out

and going to these parties where these parents are allowing it. I don't think parents realise the seriousness of it. (Hastings, less likely, female)

[Is that something that you as parents are going to listen to or will you say I know best.] I think if it is out there in the media saying, don't give it or limit it. If it is being talked about like that, I might ring and say, 'Is your daughter going to this?' It gets us talking and then if we say no to our children, we have decided this is the rule, then they will also know I can see where they are coming from; it is on TV. They may not agree with it or like it, but at least it is more out there. As opposed to my private battle with my child at home. (Hastings, more likely, female)

6.2.7 Using TV programmes to initiate conversations with their teenagers

Many parents commented that they often used current reality television programmes such as Police Ten 7 as a conversation starter regarding poor decisions around alcohol. They would watch the programme together with their pre-teens also.

My girls take more on board with the Police programmes - they have the Auckland Police and the cameras go out with the police in Auckland, and how they have a place set up for the ones who have drunk too much, and they can go there and sober them up. And they are blown away by the amount of people they saw stumble across the roads, and they say, 'Mum, they could have been hit by a car'. And the young 12 and 13-year-old drunks in the street. (Lower Hutt, more likely, female)

[He says but dad the parents and guardians are going to be at that party?] I would show him things like Police 10/7, that we do sit down and watch. Any of those series. And we have sat down and watched it, and there have been situations just like that, Happy 16th birthday; paddy wagons and everything at that house now, because there is an all in brawl and gate crashers turned up. One text and the next minute you have got 600 people there. (Porirua, less likely, male)

You can show them as well; there are a lot of TV programmes on it, so it is easy to sit down with them at night and watch it, and it comes into the conversation. More often than not, my kids are saying what a dick. (Lower Hutt, more likely, male)

6.2.8 Encourage parents to talk to their teenagers

As discussed earlier, parents recognised the importance of open communication with their children and more so during the teenage years, as their teenagers began testing boundaries and making more 'adult' decisions. They also recognised the difficulties they had maintaining this in the face of multiple challenges of parenting teenagers.

These parents mentioned the need to catch up with their teenagers and also find some one-on-one time.

[So what do you think are the most effective ways to ensure your teenagers understand the risks and either hold off drinking or drink sensibly?] *As we are a blended family, we have been together for six years now, and we have a meal around the table every 2-3 months where it is table night, and anything gets brought up that night, and it could be with regards to what the kids are doing, and we had one two months ago and alcohol was one of the things that came up, so talking about it as a family. [Was that awkward?] No because it is something that we have always done. (Lower Hutt, more likely, female)*

[How would you encourage other parents because people talk about communication?] *You have to have one on one time. Even if it is just driving in the car, my son talks to me when he is in the car, or at night when his brothers aren't around, and I will say bed time, and 10 minutes later he will still be in the room, because it is just me and him. And even just little things one on one. (Hastings, less likely, female)*

I am only half Pacific Islander, and I don't have time for that. I deal with my children one on one. So every night, no matter what time, we all sit around the dinner table and that is when things are brought up. How is your day, anything happen, right through? [So getting the family meeting together and talking?] Yes. (Porirua, Pasifika, more likely, female)

6.2.9 Have some positive stories

A few participants stated that it was important to have some positive messages that reinforced good behaviour around alcohol.

I don't think it has to always be negative because our younger ones are exposed to stuff that we don't want them to see. We need to be showing positive stories; I was drinking how many a week, and I chose to give up and I have saved myself such and such, and I am now studying for this. We need to be celebrating the positive choices. (Hastings, less likely, female)

And I like the angle even, that you are unique and funny and cool yourself, you don't need something. You are cool the way you are. And that is a different angle of them thinking about the social and personal cost of drinking, when you start to value them for who they are, not what they should be or could be in this la la drunk world. (Hastings, Māori, less likely, female)

6.3 Potential messaging/ warnings for parents

To help identify some potential messages for parents of teenagers under 18 some key fact messages were tested.

Six facts around the impacts of teenager drinking were presented to participants in the research. Participants were asked to rank these facts into the most important and least important fact for them to know when thinking about the effects of teenage drinking.

The most important facts in descending order were:

- Motor vehicle accidents.
- Crime and victimisation.
- Sexual risk taking.
- Impacts on the developing brain.
- Mental health.
- Other injuries (e.g. risk of falls).

1. Motor vehicle accidents

Facts: Over 40% of all alcohol-related crashes in NZ each year involve drunk drivers aged less than 24 years of age.

As well, young people are more likely to be driven as passengers by drunk drivers.

This was singled out as the defining fact, mainly due to people having directly been affected, or knowing someone who had been affected by drink driving. For many, the end result of death being final, brought home the impact of alcohol related harm. Also, parents could relate to this as a 'true' fact - it was totally believable. Some parents noted that impact was not only on their own teenagers but they had responsibility for protecting other teenagers and this fact helped remind them of this.

Also, it could be death and there is no coming back from death. (Hastings, Māori, more likely, female)

[What is it about motor vehicle accidents that you think is your most important fact? Why did you choose that as either 1 or 2?] Because it's true. Just heard about that boy that killed; I don't know if he was drunk, it actually doesn't say whether he was drunk or not, but he was 16 and his brother was 12 and he killed himself and his brother. I don't know if they were going fast or trying to be a hero, but young people are dying. (Auckland, Pasifika, moderately likely female)

Drinking and driving is just not on. Whether you're that age or - you can imagine if you drink and drive when you're that age - I don't know, drinking and driving is just not good. (Auckland, Pasifika, moderately likely female)

And for me, this is not just my son making his decisions, this is the potential to be out of control, because he could be a passenger in somebody else's vehicle. (Lower Hutt, less likely, female)

[Why have you put motor vehicles as the top one?] *Because they can harm other people; it is not just themselves they put at risk with their drinking.* (Hastings, less likely, female)

It was noted too that for those living in rural areas, alcohol related motor vehicle accidents were a very real danger.

I put that as No. 2 because being in a rural area being driven by a drunk driver is quite likely. (Hastings, more likely, female)

2. Crime and victimisation

Facts: Teenage drinkers are more likely than older drinkers to experience assaults and violence and become victims of alcohol-related crimes.

Drinking alcohol increases the risk that teenagers will engage in anti-social behaviour or crime (e.g. violence including violence against a partner, property crime, vandalism, sexual crime).

Crime and victimisation was also identified as a significant fact and was a close second in importance.

Many parents could relate to this and voiced their concerns about the possibility of fights when teenagers mixed alcohol with parties. They knew that alcohol could make their teenagers 'gung-ho' and be easily influenced into bad behaviour; especially young males. There were examples in the news where fights and assaults were reported, especially at New Year's events where young people congregated, which supported their views. They also knew that young people had died from assaults.

[Why crime and victimisation as number 1?] *Because it's illegal. It's just something that I - you are all gung-ho when you drink alcohol. You're superman when you drink alcohol and all these things are so easy to do when you drink alcohol. And you're more easily influenced to this kind of behaviour.* (Auckland, Pasifika, moderately likely female)

[Crime and victimisation is in everybody's top three, is that something you have thought about before or associate with teenage drinking.] *Yes. It is so far reaching; if they do something crime related, it is not just them, it is the people they commit the crime against and it is you, it is your child.* (Lower Hutt, more likely, female)

[One that has got a lot of 1's is crime and victimisation so you picked that as one that you are quite highly concerned about?] *There is more likely to be fights with alcohol involved. As it is at the moment, most under 18 year olds are getting driven to and from the party.* (Hastings, more likely, male)

[Crime and victimisation why is that quite important?] *You can just push someone lightly and they are that drunk they think you are out to get them; I worry about my son going out with the amount of violence these days. That is higher for me than the sexual risk taking, because people have been killed because they took a look the wrong way.* (Hastings, less likely, female)

3. Sexual risk taking

Facts: Teenage drinkers are more likely than older drinkers to experience unprotected and unwanted sex.

Drinking alcohol also increases the risks of sexually transmitted infections, pregnancy and abortions.

Sexual risk taking like crime and victimisation was one of the top three important facts.

Parents of both boys and girls were worried about sexual risk taking. They knew that their teenagers were at risk of making poor decisions, especially if alcohol was involved (which reduced their inhibitions).

[Sexual risk-taking is the third one.] *That's just the norm; that's what happens when you get drunk. You just don't think. You're not thinking.* [Is it more important for your daughters? Do you worry more about your daughters, this sort of thing happening?] *Yeah, on her own or with friends, yeah. But I'm sure, fingers crossed, she will be fine, but we just don't know.* (Auckland, Pasifika, moderately likely female)

You know young people think about those kinds of things. It is with the crime and you're more raring to go and you don't think of the consequences of the actions. Because he's a boy he thinks with the wrong brain. (Auckland, Pasifika, moderately likely female)

The biggest thing alcohol does is reduces inhibitions. I have friends in a situation where the boy has been pursued by the girl, so if you throw alcohol into that, some of those boys aren't even ready for intimacy, but if they are pursued, and the body kicks in a lot of the time, they are not even ready for what they are doing. (Hastings, less likely, female)

[Another one that had a few 1's was sexual risk taking.] *I had it as No. 1. Just with the daughters and even the son, just keeping themselves safe and their self-respect, which is then how they feel about themselves and contributing to mental health afterwards. Thinking of situations that they are not in control of. And I just put that there was a greater risk.* (Lower Hutt, less likely, female)

However, while it was distressing for young men and women, many parents were specifically more worried about their young girls and the impact of alcohol and sexual risk taking that could have life-long consequences.

If it is a female, it is the unwanted pregnancy. We have a thing in our family that we don't believe in abortions, so regardless they will have to bring up that child or give birth to it and someone else bring up the child. [And for the boy they are going to be a father of this child too aren't they?] *Yes. If it was a boy, he would be in a lot of trouble.* (Porirua, Pasifika, more likely, female)

[Sexual risk taking and crime and victimisation why were they coming up second and third?] *For some men, it seems to be if you can get a girl drunk, that is your time to take advantage. And I guess it goes back to the fostering again and why we got the girls.* (Hastings, Māori, less likely, male)

[Sexual risk taking is high as well?] *I put it quite high because I have three daughters and that is kind of scary. I trust my sons to a point, but they are just as likely to have sex as well.* (Hastings, Māori, more likely, female)

And once those boys get that urge to start it, doesn't matter what's in them. It is scary. Firstly, pregnancy at a young age, it only takes one. I am more worried about pregnancy than the diseases to be honest. (Hastings, Māori, more likely, female)

The top three were closely followed by:

4. Impacts on developing brain

Facts: Drinking alcohol as a teenager increases the risk of alcohol dependency in later years.

Drinking can change the way the developing brain functions, and can damage memory and learning.

All parents said they were aware of this fact and, while they acknowledged it, it was not as impactful as the top three.

In addition, parents own experiences helped to reinforce that they had grown up with some alcohol as teenagers and their brains seemed to be okay.

[You say that is not new to you.] But you don't know what you don't know I drank and I am okay, but maybe I am not. (Hastings, more likely, female)

[Least likely: impacts on the developing brain, were any of these facts new to you?] I've read about the impacts on the developing brain, but because I'm this age and didn't really – I've experienced it and my brain is fine. That's why that was a low impact. Alcohol, I was drinking. And yeah brain, seems alright. (Auckland, Pasifika, moderately likely female)

I was drinking at 17 and I am a functioning member of society. (Lower Hutt, less likely, female)

Those who found this impactful cited the longer lasting effects as a key factor.

[If you think about other parents like yourselves and focusing on teenage drinking and knowing other parents you know which piece of information here do you think would be the one that might turn someone around into thinking hey we shouldn't be supplying alcohol to under 18 year olds?] I think the bottom one; impacts on developing brain. It is the longer lasting effect. (Lower Hutt, less likely, female)

I think for me the motor vehicle accidents is a behaviour that you can unlearn from experiences of what has happened to family. But with the impacts on the developing brain, that is not something that you can undo and that has a more lasting impact. (Porirua, Pasifika, more likely, female)

[I know we have talked about the top three but now we are talking could any of the others be just as important to get through to parents.] Yes, because I had the impact on brain development as No. 2 because it is long lasting. The motor vehicle accidents, there has been so much and there is the Expo and a lot of stuff out there but, really, the impact on brain development, nobody talks about that; about mental health and depression and the side effects. (Hastings, less likely, female)

[A couple of you had No. 1 for impacts on the developing brain. And some of you had 3 so that is still in the top 3 so what is it about that?] *They have just started learning, they should be enjoying life; we shouldn't have to look after them until they are 40 or 50. It is their time to be free; not housebound or bedridden.* [So a concern that the alcohol is going to do that to them?] *Yes.* (Porirua, Pasifika, more likely, female)

[The one around impact on the developing brain was that a new piece of information for any of you here?] *No. And that is one thing that has concerned me for years. Alcohol, in the strictest sense, is a poison and we are putting that into developing brains and, as someone in education, that worries me seriously.* (Lower Hutt, less likely, female)

[A few of you had 1 or 2 on the developing brain, was that something you were aware of?] *Like I say, and like has been pointed out, young brains don't function well with alcohol and they can damage their brain quite severely. So that is why I have a zero tolerance on young people drinking as much as you can get it.* (Lower Hutt, less likely, male)

During discussions of this fact, it was apparent that parents became more engaged as they discussed it more. However, there were gaps in knowledge with some key questions asked:

- How much alcohol is needed to do the damage? E.g. regular, quantity.
- Is there any specific age which is worse than another when the brain is developing?
- What are the lasting impacts? Give examples.

And if you're a teenager, you would need more information than just this, because it's quite general. I mean it was general when I was growing up. Didn't listen to it. (Auckland, Pasifika, moderately likely female)

Is it habitual drinking, which I don't think any of our children are doing and, then how much alcohol and what percentage? Some statistics around it. Compared to smoking cannabis which a lot of them are doing it is far more harmful. My 16-year-old has been to a couple of parties, and he said, 'Mum most of the guys were smoking weed' and he said, 'That makes me feel really uncomfortable' because he will not touch a drug. (Hastings, more likely, female)

Maybe I wasn't as aware as I should be. I was thinking binge drinking and, you know how foetal alcohol in the first 6 - 8 weeks you are pregnant, and you can have one drink and your baby might have foetal alcohol, or you can drink solidly for six weeks. Is that the same? (Hastings, Māori, more likely, female)

[The impact on the developing brain what do you need to know that is going to get through to parents, what is missing in the information?] *Probably things as scary as the motor vehicle ads. Unless it is scary people just ignore it.* (Hastings, Māori, less likely, female)

5. Mental health

Fact: In New Zealand, teenagers who drink alcohol report harm to their mental health and to their friendships and social life due to their alcohol use in the past year.

Mental health was a concern for some. Parents were aware of the dangers; especially the rate of suicide among youth and how alcohol may have been a starting point for depression.

I see the anxiety so much and alcohol just adds to the anxiety. It is a real concern and the things that they do when they are under the influence of alcohol and the repercussions when they go back to school on Monday. They have done something dumb, so all of their friends are pissed at them and getting annoyed, so they now have no friends and they drop down into depression. It is just this bad cycle. (Lower Hutt, less likely, female)

[Is any of this new information to you?] *Maybe the mental health one? I think we probably knew about it, but it is being very aware, because more famous people have come out to say they have a mental illness. [And mixing it with alcohol makes a difference?] Yes, mixing it with alcohol makes it worse.* (Hastings, Māori, more likely, female)

Māori participants ranked this fact higher than other participants. It appears that first-hand experience of the impact of alcohol and mental health combined was well known for these participants.

[Mental health what is the key reason for those of you who had that as No. 1?] *I placed that there, because I am dealing with a child that is going through that. The alcohol was probably his starting point and that just led on to dope and to P. And within that, I was tossing up between the sexual risk taking, because I know within that there is promiscuity and STD's and things like that. And the car thing, while that is terrible, but he didn't have a car, so whilst it is important, it wasn't the most.* (Hastings, Māori, less likely, female)

And for me it was whānau experience and something you said too [Name] about your boy; I was very much like him as a teenager, I was so shy and my parents would push me all the time; people think you are a snob, people think you are rude, don't be rude and talk to people more and so I ended up drinking and then that affected my mental health. I have also seen it through our whanau, - drinking and mental health, depression, all that stuff especially in the teenagers from what I have observed is quite a key thing. (Hastings, Māori, less likely, female)

I just felt that was so important because, for me, that comes down to their self-worth and feeling good about themselves and feeling valued in society, and I just feel when you throw alcohol in the mix, it exacerbates all those other things. When you become depressed and alcohol gets in that mix. I just feel it leads to all these other things. (Hastings, Māori, less likely, female)

[Do you think other Māori families would find that a strong message.] *I know in Flaxmere suicide is huge, so I think they would see mental health as an important issue particularly for our community. They have been having a lot of hui around how to solve it and I don't think anyone has got the answers yet.* (Hastings, Māori, less likely, female)

6. The least important fact was **'Other injuries'** (Drinking alcohol increases the risk of falls in young people.)

Fact: Drinking alcohol increases the risk of falls in young people.

While still important it was not as impactful as the others. As noted earlier some outcomes from the other facts were viewed as final.

Summary

Notwithstanding, parents considered that all the facts presented had their place and during the exercise, had found it difficult to rank the key facts apart from the 6th ranked fact 'Other Injuries'.

[Did you find that hard to rank them?] In some aspects they are probably all No. 1's. They all have their own importance; they are all tied into what we are talking about. And you gave me this task to put them 1 to 6, and I have done that, but in hindsight I could probably say that all of them are 1's, because it just depends on where you are at. (Porirua, Pasifika, less likely, male)

[If we're looking at these facts here, is there any other help or evidence that you think you would need or other Pasifika parents would need to help them think about supplying alcohol to 17 years and under? Anything else that might help make them think about it, or support them in their decisions around alcohol?] This is actually really interesting, what facts these are, and maybe put them in a booklet. It's something that they really need to know, parents need to know, and to make that decision whether they're going to give their kids alcohol. (Auckland, Pasifika, moderately likely female)

The key facts that had the most impact were:

- Able to be related to, directly in a personal way (family or friends had experienced it); parents could see this happening to their teenager.
- Devastating in their outcomes; final as in death or life-changing.
- Believable; there was confirmation of these facts through the media; news stories, etc.

I think a lot depends on your personal circumstances. I don't have a problem with my daughter drinking too much because, quite simply, she doesn't and impact on the developing brain in my personal experience, that is not an issue. Much worse, she gets a date rape drug slipped in and some bugger takes advantage of her; those sorts of things from my personal experience would be a much higher risk for her. (Lower Hutt, more likely, female)

Do you remember not long ago there was an accident; a girl driving to school and she crossed the centre line and killed the American girl, about three weeks ago? That really hit home, because I said to my 17-year-old who is driving, that could have been you driving to school. You are not allowed to have someone in the car, and that was a real life example, and I am just wondering if that can be an alcohol example as well? Just recently there was the girl in America who was raped while she was unconscious. That has hit social media big time and made a lot of people think. (Hastings, more likely, female)

What has had a big impact on me, is watching the news and seeing young girls rolling around in the streets with their dresses up around their ears; vomiting in gutters. There is this thing that has happened quite a lot in Australia, where there are king hits happening. And those are the things that stop me and I usually share with other parents. And I say to my boy especially, it takes one hit to ruin your life and everybody else's and we talk about it often. (Lower Hutt, less likely, female)

I just think they are robbing themselves of a future. [That is strong - robbing themselves of a future - is that too strong?] No, not really, because it is fact. They should be looking at putting their children into things rather than giving them alcohol and saying it is alright because, when you are giving it to them, you are telling them that it is alright; go for it. So why not just give them a gun? If they are really good parents, give them alternative sports; focus on other things. Don't focus on alcohol, because it is easy to give it to your child; hand them a ball. (Porirua, Pasifika, more likely, female)

Key findings

- Key facts around alcohol related harm affecting teenagers had most impact for parents when they were believable, personal and had life-changing outcomes.
- Impact on the developing brain, while a concern, raised more questions which require some clarification to be more meaningful.
- Notwithstanding, there is opportunity to build understanding of the 'impacts on the developing brain' fact, as those who did find it impactful talked of the longer term consequences.

Appendix 1 - Verbatims

Verbatims on parental supply in different situations

Situation: Drinking alone; at home or elsewhere

[So B, drinking at home alone anyone have that in the comfortable pile?] *No. It is just that it will lead to alcoholism.* (Hastings, less likely, male)

I might go home, and there might not be anyone in the house, and I might have a glass of wine but I am not under 18 with a whole lot of other potential things - I don't think that is normal for someone under 18. (Hastings, more likely, female)

I see it as a safety issue. What if something happened to that child and you are not there to protect them or anything? So safety. (Porirua, more likely, female)

[If we go through a number of situations and it is thinking about times when you would feel comfortable for your kids if alcohol was available. So teenagers drinking alone by themselves?] *No I wouldn't condone that, not in the ages we are talking about 12 to 17. One, purely because alcohol can affect your decision making and, two, I don't know why they are drinking by themselves - are they feeling suicidal. Because my perception of drinking is to socialise - it is not to go and drink by yourself. If you are drinking by yourself, then there is a problem. Either you are not a very good socialiser or you smell or something.* (Porirua, less likely, male)

[What are your concerns around drinking alone at home or elsewhere, what would make you say definitely it's a no?] *It's pretty depressing.* (Auckland, Pasifika, moderately likely female)

Situation: Social gathering with friends - all aged 21 years and under

[And why did you have them in the maybe pile?] *Again, every question comes with what is the actual occasion and the people who are there, as opposed to a flat out group of people? It is about the parameters of who is there and how you know them or don't know them for me.* (Hastings, more likely, female)

[Social gathering with friends all aged 21 and under, anyone comfortable with that? No one. Why is that you have allowed it a little bit more?] *I haven't really allowed it, but I know it happens.* (Hastings, less likely, male)

[Alcohol: situation cards: social gathering of friends aged 21 years and under (D)] *Comfortable. The 21-year-old people should be more mature.* [Comfortable with having your 16-year-old drinking with them as well] *No, I'm not comfortable now. I'm putting it in the middle.* [What does it depend on?] *How I know these 21 year-olds. They might be family, relations.* [Does it happen at the moment, with some of your own relatives, 21 year-olds, that your 16 year-old would be having a drink with them?] *Really it's more the older kids that they're drinking with, our older nieces. I don't know how many 21 year-olds they're drinking with at the moment.* [But your 16 year-old could be drinking with older family] *Yeah, her brother. She drinks with her brother so that's probably why I had it on this side, thinking now that I remember, because her brother's like 20.* [So drinking with family if they're older] *Yes, family's fine.* [What makes it fine?] *Because our kids are quite mature. I think they are.* (Auckland, Pasifika, moderately likely female)

[What about at a social gathering with friends all aged 21 years and under?] *No. That is dangerous.* (Porirua, more likely, female)

... Then I have got a middle pile that for the 21 and 18 year olds, but I have a stipulation to that that I go into their where and find out who is running the show and if it is supervised and I trust the people there, then I would be inclined to say yes. So I say that now, because it is my 17-year-old, and he doesn't drink. But I have a 13-year-old and I don't know what she is thinking. But I would say no way. (Hastings, Māori, less likely, male)

I have a depends pile. It really does depend on the situation; what their friends are like, who is there. My older boy, when he went to parties, I wanted to know where it was and things like that. He even came home with a slip once from a parent who said there would be alcohol there and I had to sign it before they would let him go to the party. (Hastings, less likely, female)

Situation: Social gathering with friends - all aged 18 and under

[G: Social gathering with friends, all aged 18 and under] *That's a definite no for me. They're just immature. They're not going to look after your kid.* (Auckland, Pasifika, moderately likely female)

[This is a social gathering where everyone is under the age of 18.] *That is a definite no.* (Porirua, Pasifika, more likely, female)

[A gathering of friends aged 18 and under?] *No.* [You are all 'no' on that one.] *But I am pretty sure it happens. He is 16½ and he left school at the end of last year and said I am not going back. Enrolled in a course at (deleted), and a month ago he decided he was going to move out. He was working so he could and, legally, we couldn't do anything about it, so he moved out and he was away for about three weeks and decided he would like to have his money, so he has come back home. But while he was out of the house I know he was definitely having somebody supply him alcohol, because his Eftpos card is linked to my bank account, and it was being used at bottle stores.* [How did that make you feel?] *I had him up about it and there was not much I could really do about it.* (Hastings, less likely, male)

It tends to be with the 17-year-old; any party she goes to she has to take a note and it is signed. And you have to note down how many drinks she is taking too. So she can drink alcohol and she has got four Smirnoff's and that is her. [Is that something that her peer group have organised between them?] *No from the parents of the children and they are all okay with it.* [So if she said I don't have to take a note this time would that change things.] *I would be ringing the parents probably and saying [Name] is coming to your place to a party is there alcohol there, are they allowed to bring alcohol, who is going to be there and what the story is?* (Lower Hutt, more likely, female)

Another thing I do is; I always pick up my kids. Anywhere in town, at any time, they know, because my lazy wife won't get out of bed, and my wife works very hard. Then the interesting thing is, they are in the back seat with their friends and it is chat, chat, chat and you learn so much. You drive the long way home and once they start talking - Miss 18 over the last couple of years I learnt so much. (Lower Hutt, more likely, male)

Situation: Social gathering with a mix of ages; 'adults' and children (17 and under)

[Social gathering with a mix of teenagers and adults 17 and under. Anyone comfortable with that one.] *It is another depend, who is there. If they are loose cannons, then it would be a no. But there are teenagers out there who are quite responsible with drinking.* (Hastings, less likely, female)

[A gathering of a mix of adults and teenagers under 17.] *Again, if we are talking about that family environment. I wouldn't allow him to go, for example, to a 16th birthday party, just because the parents of the person turning 16 are there with all this alcohol and all of that. No. [So that is still not enough having all the parents there?] No. Not if I didn't know them. If it is, 'Oh dad, we are going to Peter's birthday', who is Peter - he is in my class at school - good on him, who are his parents?* (Porirua, Pasifika, less likely, male)

[Would it be a depends if it was with people you knew? Would that be different or not?] *Yeah, if it's people I know, then yeah that's fine.* (Auckland, Pasifika, moderately likely female)

[This is a mix of a social gathering of teenagers and adults?] *No.* (Porirua, Pasifika, more likely, female)

Situation: Any time at home with 'other' adults (not parents / guardians)

[Any time at home with other adults but not parents or guardians?] *I am sort of okay with that, because there are very little other adults that come into my house. It would either be myself or my wife or my in-laws, and I am okay with that. If it was Joe Blogs from up the road in my house without permission, I wouldn't be happy with that.* (Hastings, less likely, male)

Yes, I agree it would depend basically who it is. (Hastings, less likely, female)

Situation: Celebration/ special occasion with 'other' adults (not parents/ guardians)

[F: celebration with other adults, not necessarily the parents, but other adults but it's a special occasion] *I've got it in "no" because I'd like to know the parents - I'd like to know the other adults. [If you knew who these other parents were, would you be okay, or not?] Well, it depends on how close we are, how well I know them. But if he asked me out of the blue, says "I want to go to my friend's house and his parents -", I'd say "I've got to meet the parents first, if I don't meet them no".* (Auckland, Pasifika, moderately likely female)

[So there are adults there, responsible supervision, if you talk about a supervised environment is that what you were talking about then.] *Yes, as long as the people that are in that environment are trustworthy, you would trust them with your life and, in that particular environment, some of those parents thought they could trust their kids' life with me. And we had a good night; everybody looked after one another and we got home safely.* (Porirua, Pasifika, less likely, male)

[So if there are adults around you would expect they take some form of responsibility.] *It is almost in a trusted environment. There are some rules in place; therefore, you understand that it is going to be controlled and relatively safe.* (Lower Hutt, more likely, male)

[So what else did you have in your comfortable one?] *Celebration with parents and guardians, C. And F which is the really close family friends and special occasion.* (Hastings, more likely, female)

Situation: Any time at home with parents/ guardians

I am not too uncomfortable with that. Once again, very limited amount. I don't actually want my daughter to grow up thinking, it is this thing that I am not allowed to touch so I am going to sneak it. So if I am

having a glass of wine, I will offer it to her. I say, would you like a tiny glass of wine and she always says no, it tastes gross - long may that last. So I am not as uncomfortable with that, because I don't want her growing up thinking it is this big taboo. I would rather she saw occasionally, that you can have a little bit, and it is okay. (Lower Hutt, less likely, female)

I am comfortable with that for the 16½ year old; he drinks anyway. (Hastings, less likely, male)

I had it in a "depends" pile, for me it was the "anytime" I probably would do at home with parents or guardians but not any time. [But for your teenager under 18 if I had put some time you would have thought that was alright?] Yes. (Porirua, more likely, female)

I saw it from my mother, and I don't want to have my children in a situation that I was in where my mum would drink and go to parties and drag us along, and that is not what I want for my children. My dad would never take us to parties; he would stay at home and look after us. So the upbringing I had from my dad is what I like for my own children. [How do your kids react when you say you are not going to be drinking at home with me any time.] Get over it. (Porirua, more likely, female)

[Your daughter is 17?] She could help herself to something that is in the fridge; I wouldn't necessarily pour it for her. [Would she have to ask you?] Yes, she would have to ask. I don't want her to be drinking around the house all the time, that is not something I want at all because we don't, so that is our expectation. (Lower Hutt, more likely, female)

We have beer o'clock at home, usually on a weekend or Friday night, and that is for a gathering of nibbles and food, and we usually have a glass of alcohol and that is our family thing, and that would be the time that we would have alcohol. (Lower Hutt, more likely, female)

[Someone did mention alcohol and that is the focus of what we are talking about tonight. I have some cards and I want you to sort them into piles, comfortable and not so comfortable. Any time at home with parents or guardians where have you got that?] Comfortable. [Why is that?] Because we are there to supervise, manage, we often have wine with dinner, so we often offer our boy a wine or a beer which he usually declines. [You have a 17-year-old?] Yes. (Hastings, more likely, female)

Situation: Celebration/ special occasion with parents / guardians

[I have a set of cards I want you to sort into two or three groups, situations where you would be comfortable for your teenagers 17 and under to drink alcohol.] [So where would you be comfortable, anywhere?] Not anywhere, certainly not at the park or the dairy. My son goes to - we call it the turf, the intermediate where there is a sports field a lot with his mates - and I would not be comfortable with him drinking alcohol there. I am definitely more comfortable if he is around myself, my partner and other adults that he knows; grandparents, friends' parents that kind of thing. [What about celebration of special occasion with parents and guardians?] Yes, I am comfortable with that. It is interesting in telling my workmates today that I was doing this, we were talking about what do you call drinking alcohol. If I give my son a drink, it is not even that much, he says can I try your wine and he might get that much and it would be the same with beer or cider, but that wouldn't be what we would constitute as going out and having a drink. (Lower Hutt, more likely, female)

[What do you two have in the comfortable pile?] C. [Which is the celebration special occasion one.] Yes. [What is the reason you have one there?] For me having younger children too, that is a one off. I wouldn't

say any time, because I don't want to set the expectation, that whenever we have a wine they feel they can get into the alcohol as well. (Hastings, more likely, female)

I don't see they should have access to it when they want but, in the same sense, when they deserve it, or it is a family gathering, or it could even be a celebration, that he has been out on the fence line with me all day, 17-year-old working hard and sit down and have a beer with dad, still a celebration in a sense, a special occasion. So that all comes under that. (Hastings, more likely, male)

For me it is previous experience with my older children, special occasions at home you can watch what they are doing and how they are around alcohol, versus them sneaking off somewhere else and having a drink. [So the underage one you would let them because they are in your supervision.] Yes. (Hastings, less likely, female)

And sometimes they want to be included with the adults as well. Even if it is just one drink. (Hastings, less likely, female)

I have only got one and that is; celebration special occasion with parents or guardians. We are only comfortable with that because, obviously, it is only the 15-year-old is at home, because our 18-year-old is independent now. We are quite strict. We do allow our 15-year-old if she would like something. In general, she says no and that is her choice and we totally respect that and it is I think because she is so sporty and she doesn't like the taste; she has tried. But she would never be allowed a full RTD; she would have a glass, so it is extremely controlled. I have seen things around other adults, not quite as controlled as [Name], who will drink with their children and it gets out of hand, so there is nobody in control. Although the fact is that it is under age, and we take that quite seriously within our family. We are pretty strict on the party scene as well. She hasn't started asking to go to parties and things like that, and it is because of her age, she is quite young compared to her peers, most of her peers are older but because she is so sporty. I do know that some of them are younger and do party. (Hastings, Māori, more likely, female)

One in the yes pile; celebrations, special occasion and parents. [Why is that?] Because I would let my oldest one, my daughter, she is 14 now and 15 in July, looking forward I would let her have a sip of champagne at a 50th or a graduation for a cousin or something like that, when I was there, and she can have a sip out of my glass and I would be okay with that. [As long as you were there?] Absolutely. (Hastings, Māori, less likely, female)

[What about at a celebration, a special occasion celebration with parents or guardians, how comfortable would you be then?] I think this is more like people eating and having a tippie, but the other extreme is boozing. [So is a tippie okay?] Yes, I think so, if it is at home. [Even if they are under 18?] I can't even imagine it. (Porirua, Pasifika, more likely, female)

[What about a celebration or special occasion with your parents and guardians or family?] Again, I have no problem with it then, if it is with family because, again, that is how I was brought up. We used to sit around the table at Sunday meals, and you would have granddad with a beer and uncles and nan and aunties with some wine, and we would be running around and, occasionally, okay have a skip. They were kind of teaching us how to indulge and making sure that the environment was safe to do that. Remembering that there weren't as many laws back in the day as there are today around those types of issues. ... (Porirua, Pasifika, less likely, male)

Appendix 2 - Discussion guide

1. **Introductions, background/ context setting:** living/ working relationships, family dynamics

A bit about yourself – working etc., number and age of your kids?

2. **Parenting/ bringing up teenagers**

Warm up Exercise: Brainstorm exercise as a group

Main concerns/challenges bringing up teenagers (and why).

3. **Parental supply of alcohol – Attitudes and Behaviour**

• **Card sort exercise –**

We have here some different situations where young people might want to drink alcohol and I would like you to have a read through and sort into a couple of piles

Think about how comfortable you would be if your teenager was drinking alcohol in this situation?

- Participants will be asked to sort cards depicting potential drinking situations into those they would feel **comfortable** for their teenagers to drink alcohol (if there are any) and those where they would not feel **comfortable**. (See Appendix One).

- Please explain why you have grouped the scenarios this way?
- Why are you more/less comfortable your teenagers drinking in some scenarios and not others (or not at all)?

• **Story building**

Let's work through a possible teenage situation. I am going to tell you some information and I would like you to tell me:

Write down the first thoughts that come into your mind; any questions / concerns?

- *What questions would you ask/information do you need?*

Sophie/Ben is 15. He/she is in Year 10 at a middle of the road, co-ed NZ secondary school.

Scenario One

1. Sophie/Ben comes home from school and tells you she/he has been invited to a 16th birthday party.
2. People attending the party will all be Sophie/Ben's classmates or in their year group.
3. The parents/guardians of the friend hosting the party will not be at the party.

4. Sophie/Ben tell you he/she has been asked to bring some alcohol to the party.

Scenario Two

1. Sophie/Ben come home from school and tell you they have been invited to a 16th birthday party.
2. A mix of ages will be attending the party including their year group (classmates) and older people
3. The parents/guardians of the friend hosting the party will be attending the party.
4. Sophie/Ben tell you there will be alcohol at the party and ask if they can take some?
5. They also tell you that you will need to phone their friends' parents to tell them he/she is allowed to take and drink alcohol.
 - First thoughts.
 - *Would you allow Sophie/Ben to attend the party?*
 - *What is your reason for allowing/not allowing Sophie/Ben to attend the party?*
 - *At what stage did you decide? What was the defining piece of information?*
 - *Would you buy/supply alcohol for Sophie/Ben to take to take to the party? Why/Why not?*
 - *Probe 'adult supervision'; what does this mean? What do respondents expect? Active or passive supervision? In the same room/in the same house?*

4. Key Influences on parental supply of alcohol:

- What do you think are some of the reasons parents supply alcohol to teenagers?
- What do you think are some of the reasons why parents wouldn't supply alcohol to teenagers?
- What do you consider when making up your mind?
- Have you ever supplied alcohol, but not been comfortable doing so, why did you?

Prompt if not raised ... *these are some of the reasons other people have said:*

- Making sure teenagers are safe
- To have fun, fit in with the other kids
- Being their child's friend as well as their caregiver (cool parents)
- Following what other parents do
- Helping to educate teenagers about drinking, educating them about boundaries and being in control, building mutual trust and respect, etc.
- Anything else?

- Now thinking about teenagers drinking alcohol without your permission:
 - How do you feel when you see other people supplying alcohol to your teenagers?
 - Are there times when this is more/less acceptable?
 - (Why) is this okay if you have chosen not to supply alcohol?
 - What would be your reaction/thoughts/behaviour if your child got drunk (but you hadn't supplied or given another person permission to supply the alcohol to your child)?

5. Shifting parent/caregiver attitudes and behaviours

Moving away from alcohol just for a moment and thinking back to the concerns/challenges we discussed earlier (warm up exercise):

- Have you done anything about these concerns?
 - How do you bring up some of these concerns with your teenager?
- What has helped you make decisions and/or have conversations with your teenagers?
 - What helps you decide what actions to take?
 - What makes it hard? What would make it easier?
- What, if anything, has changed your attitudes/behaviour with regards to these concerns and challenges?
- How successful have these approaches been?

- Now thinking about situations where you have been or might be asked to supply alcohol to your teenagers (but may have been reluctant to do so):
 - What learning from other teenage parenting challenges could you apply to teenage drinking?
 - What approaches would help parents like you to help their teenagers to remain alcohol free?
 - What are some of the other things which might help?
 - *Probe ... more information/education/school and community (sports/social/cultural/church groups) support/social marketing campaigns on social media/tv/radio, etc.?*
 - Who/which sources do you 'trust' and believe?
- (Encourage respondents to think about what would help them personally and be meaningful for their teenagers).

6. Introduce potential messaging/ warnings

I am now going to show you some of the shorter and longer term effects of teenage drinking. Please think about the effects/outcomes of teenage drinking that have the most impact on you – (that would make you think about limiting the supply of alcohol to your teenager)

I would like you to rank them from one to six, with one being has the MOST impact and six having the LEAST impact to you personally. (Appendix Two)

We will then talk about these as a group.

Respondents will be asked to read out their top three. The group will discuss the overall top three first and the others as time allows

- Is this new/interesting/relevant information for you?
- Which information is most important and why? Why does it matter to you personally?
- Which information would make you reconsider or reinforce your own views on giving alcohol to teenagers?
- What makes it difficult to say no or to have the conversations with your teenagers?
- What other help or evidence do you need?

7. Summary

- What would help parents and other adults to help their teenagers remain alcohol free until at least 18 years? How realistic is that?
- Anything else not mentioned above.
- What one thing we have talked about this evening will be the most helpful for you personally to start/continue conversations about alcohol with your teenagers.

Thank you

Appendix 3 - Potential drinking occasions card sort

- A. Any time at home with parents/guardians
- B. Any time at home with 'other' adults (not parents/guardians)
- C. Social gathering with a mix of ages; 'adults' and teenagers (17 and under)
- D. Social gathering with friends - all aged 21 years and under
- E. Social gathering with friends - all aged 18 and under
- F. Celebration/special occasion with parents/guardians
- G. Celebration/special occasion with 'other' adults (not parents/guardians)
- H. Drinking alone; at home or elsewhere

Appendix 4 - Self completion sheet

Which has the MOST impact and which has the LEAST impact on encouraging you think about limiting the supply of alcohol to your teenager? Please rank from 1 – 6.

Effect of Teenage Drinking	Ranking - 1 (Most impact) to 6 (Least Impact)
<p>Motor vehicle accidents</p> <p>Over 40% of all alcohol-related crashes in NZ each year involve drunk drivers aged less than 24 years of age.</p> <p>As well, young people are more likely to be driven as passengers by drunk drivers</p>	
<p>Other injuries</p> <p>Drinking alcohol increases the risk of falls in young people.</p>	
<p>Crime and victimisation</p> <p>Teenage drinkers are more likely than older drinkers to experience assaults and violence and become victims of alcohol-related crimes.</p> <p>Drinking alcohol increases the risk that teenagers will engage in anti-social behaviour or crime (e.g. violence including violence against a partner, property crime, vandalism, sexual crime)</p>	
<p>Sexual risk taking</p> <p>Teenage drinkers are more likely than older drinkers to experience unprotected and unwanted sex.</p> <p>Drinking alcohol also increases the risks of sexually transmitted infections, pregnancy and abortions.</p>	
<p>Mental health</p> <p>In NZ, teenagers who drink alcohol report harm to their mental health and to their friendships and social life due to their alcohol use in the past year.</p>	
<p>Impacts on developing brain.</p> <p>Drinking alcohol as a teenager increases the risk of alcohol dependency in later years.</p> <p>Drinking can change the way the developing brain functions, and can damage memory and learning.</p>	

Appendix 5 - Group and depth snapshots

A brief overview of the participants is provided to add further context to the qualitative discussions.

❖ One depth interview

One depth interview was conducted in Porirua with a Pasifika father. He had school aged and working aged children, one of which was aged 14. Having experienced and witnessed the damage alcohol can do, he is strict with his children, including their alcohol consumption. He did not object to his 14-year-old son drinking in a supervised and safe setting i.e. with his father or other trusted adults, but forbade it otherwise.

❖ One paired depth interview

One paired depth interview was conducted in South Auckland with two Pasifika mothers. Both families had a range of younger and older children. Both supplied alcohol to their children aged less than 18 years, but applied strict criteria and conditions e.g., the occasion and people present. Both respondents were happy for their teenager to drink in their own or other trusted adults' company, but not with young and irresponsible teenagers.

❖ One mini group (4 participants)

One mini group was conducted in Porirua with Pasifika parents; one father, two mothers and one grandmother. Their children ranged in ages from five to early twenties. Two respondents had very negative experiences with alcohol and did not drink themselves or allow alcohol in their homes. The other two respondents' personal experiences with alcohol had not been so negative, but they had seen the harm alcohol caused to Pasifika families and communities. No respondent supplied alcohol to their children under 18 now and felt very strongly that they would be unlikely to do so in the future.

Six focus groups (6-8 participants).

One group was conducted in Lower Hutt with General population parents who were *less likely to supply* alcohol to their teenagers. The group included six mothers and two fathers, with children ranging in ages from primary school to late 30's. In principle, all respondents would prefer that their teenager did not drink alcohol. However, all admitted there were certain scenarios and with certain people where alcohol was more acceptable and where they would supply alcohol.

One group was conducted in Lower Hutt with General population parents who were *more likely to supply* alcohol to their teenagers. The group comprised three mothers and two fathers, with children ranging in ages from primary school to early 20s. Respondents with the eldest children, some of whom were already 18+, were the most comfortable with their teenagers drinking. Their parenting philosophy was based on building trusting relationships and letting their children learn to be responsible.

One group was conducted in Hastings with General population parents who were *more likely to supply* alcohol to their teenagers. The group included five mothers and three fathers with children ranging in ages from primary school to early 20's. These respondents were all fairly comfortable with their older teenagers' (16/ 17 years) drinking in a supervised or family setting and viewed it as part of growing up and partaking in normal family or social behaviour. Notwithstanding, all respondents disliked the prevalence of heavy drinking in New Zealand culture, so were keen to model good behaviour and for their teenagers to learn about the dangers of alcohol.

One group was conducted in Hastings with General population parents who were *less likely to supply* alcohol to their teenagers. The group comprised of five mothers and one father, with children ranging in ages from primary school to adult off-spring who had left home. However, respondents in this group had mixed views ranging from not supplying at all, through to being comfortable for their older children to drink at home or with 'sensible' teenagers. None liked the idea of their teenagers drinking, but felt that as parents, it was their responsibility to provide guidance and/or model sensible behaviour.

One group was conducted in Hastings with Māori parents who were *less likely to supply* alcohol to their teenagers. The group comprised of four mothers and three fathers, with children ranging in ages from primary school to adults, with families of their own. While a couple of these respondents were comfortable with their older teenager drinking on special occasions in a controlled environment, all preferred their teenagers did not drink until they were 18, if at all. These respondents were disappointed their teenagers were unlikely to stay (or had not stayed) alcohol free, despite their own views and expectations of their children.

One group was conducted in Hastings with Māori parents who were *more likely to supply* alcohol to their teenagers. The group comprised of five mothers with children ranging in age from nine to 20 years. While all these respondents claimed they had or would supply alcohol to their under 18s, all did so with strict conditions and criteria e.g. the type of occasion, those present at the occasion, the type and how many drinks of alcohol etc. Consuming alcohol in a controlled or monitored environment was important as was modelling sensible alcohol behaviour.