

## **Life Education Centres – North West 231102 :**

Alcohol is a drug of choice for the majority of adults and not a significant proportion of those under the age of eighteen.

For most people alcohol is a social and relaxant lubricant.

Nevertheless, as many as 1 in 10 of the population are thought to be drinking problematically.

Alcohol, misused, is a dangerous drug, highly addictive and stealthily, insidious in the manner in which creeps up on people.

Children see drinking alcohol as an essential feature of the parental role model arguably, along with peer pressure, the most powerful influence during the early formative years.

It is vitally important to educate children in their early years about the sensible use of alcohol and the dangers inherent in it's misuse. Ideally this message should be incorporated in an approach that highlights the benefits to be derived from the pursuit of a healthy lifestyle.

It is equally important that parents are also educated about the impact their behaviour has on their children and are able to reinforce the ' Life Education Message ' to their offspring.