

4. Parenting session.

This section supports LDATs to deliver parenting programs.

The objective of parenting programs are to provide parents, carers and guardians with the knowledge, skills, capacity and confidence to raise their children and to support young people to live healthy and fulfilling lives unlimited by alcohol and drug harm.

Resources

- ✓ Training session plan
- ✓ Training session PowerPoint slide deck

A training session plan with PowerPoint slides is provided. They have been developed based on current research and evidence. These resources can be adapted by your LDAT to reflect the scope of your individual program.

Questions to consider

Questions to consider when planning your training session:

- Will the training be delivered in-person (face-to-face) or virtually, or using a combination of the two?
- How long will the session go for? The session plan is based on a duration of 2-4 hours, indicative times for each item are provided. Breaks are recommended, particularly for online/virtual sessions.
- Will the session be delivered in one sitting or across a number of shorter sessions?
- Who will deliver the session? For example, LDAT staff.
- Will parents be involved in elements of the session, e.g. invited to present their experiences, involved in co-designing and delivering the session?
- Will the session plan and/or PowerPoint slides be adapted to reflect local context and/or needs? Are there any gaps in content that need to be addressed? Organisational logos to add?
- How will you emphasise content areas most relevant to your audience, based on their children's age and interest? Note: the content provided is appropriate for all parents, however some content is more relevant for parents of young children (0-5 years), primary school-aged children (6-11 years) and/or teenagers (12-17 years). To tailor the session content to your audience, please see the table below which lists the most relevant audiences for each topic.

- Will the session incorporate a variety of activities to ensure it is engaging and suits a range of different people and their learning styles? Consider activities including:
 - role plays
 - case studies using real world examples of situations parents might face
 - handouts and worksheets
 - videos and vox pops
 - infographics
 - group discussions
 - specialist guest speakers.
- Will you conduct a quick **pre-training quiz** to assess people's knowledge base so that you can aim your content at the right level? Will you follow up and administer a **post-training quiz** at the end of the training to provide you with feedback and evaluation data?

Content

The evidence-based content for parenting sessions is divided into two broad categories:

- What parents should know: core AOD knowledge
- What parents can do: effective parenting practices to reduce young people's AOD use and harms.

The content is appropriate for all parents, however some content is more relevant for parents of young children (0-5 years), primary school-aged children (6-11 years) and/or teenagers (12-17 years).

To tailor your session content to your audience, please see the table below which lists the most relevant audience for each topic



4. Parenting session program resources.

		Parents of young children (0-5 years)	Parents of school-aged children (6-11 years)	Parents of teenagers (12-17 years)
What parents should know: AOD knowledge Section 6b: AOD knowledge for parents	Understand how different factors can influence young people's risk of AOD use and harm	✓	✓	✓
	Know the facts about alcohol, and understand why younger people are particularly vulnerable to alcohol-related harms	✓	✓	✓
	Know the alcohol guidelines and laws in Australia	✓	✓	✓
	Be aware of information and support services available, and how to access different services	✓	✓	✓
What parents can do: Effective parenting practices Section 6c: Effective parenting practices for preventing AOD use and harm	Delay your child's first alcoholic drink for as long as possible	✓	✓	✓
	Role model low-risk drinking	✓	✓	✓
	Build and maintain a healthy relationship with your child	✓	✓	✓
	Establish family rules		✓	✓
	Monitor your child's schedule, activities, physical whereabouts and friends			✓
	Encourage your child's participation in supervised activities including recreation and sport			✓
	Have age-appropriate conversations around AOD with your child		✓	✓
	Support school connectedness and attendance		✓	✓
	Build your child's media literacy		✓	✓

Parenting Session Plan

This session plan provides an outline of the key areas to cover in a parenting program session.

As outlined in the table below, each item in the session is linked to specific content, PowerPoint (PPT) slides and session resources.

- PPT slides – a [PowerPoint slide deck](#) is provided. The slide deck contains speaker notes.
- Session resources – links are provided to related content in the guide and extra resources to support you to plan and deliver the session. You may wish to review the resources prior to the session, and where relevant, share copies with participants. Simply click on the links in the table below to access.

Note: LDATs can adapt this session plan to reflect the scope and needs of your program.

No.	Time	Item	Content	PPT slides	Resources
1	10-15 mins	Introductions and welcome	<ul style="list-style-type: none"> • Acknowledgement of Country • Session overview • Program objectives, vision, mission and values 	1-4	Guide content: <ul style="list-style-type: none"> • Section 3: Program Design and Delivery Resources: <ul style="list-style-type: none"> • Pre-training quiz
2	15-20 mins	Role of parents in preventing AOD use and harm	<ul style="list-style-type: none"> • The role of parents across the life course in preventing AOD use and harm • Effectiveness of parenting programs 	5-8	Guide content: <ul style="list-style-type: none"> • Section 2: Introduction to parenting programs
3	30-60 mins	What parents need to know	Key AOD content, including: <ul style="list-style-type: none"> • Factors that influence young people's risk of AOD use and harm • Facts about alcohol, and why younger people are particularly vulnerable to alcohol-related harms • Alcohol guidelines and laws in Australia • Information and support services that are available, and how to access them 	9-18	Guide content: <ul style="list-style-type: none"> • Section 6b: AOD knowledge for parents Resources: <ul style="list-style-type: none"> • Handout: AOD Primary Prevention, including risk and protective factors • Handouts: AOD risk and protective factors for 6-11 year olds & AOD risk and protective factors for 12-17 year olds • Diagrams: Alcohol & drug use (stages of drug use & drug triangle) • Fact sheet: How alcohol affects the developing brain • Handout: Parenting resources including programs and services

Parenting Session Plan

No.	Time	Item	Content	PPT slides	Resources
4	60-90 mins	Actions parents can take across the life course	Effective parenting practices for preventing and delaying AOD uptake among young people	19-29	<p>Guide content:</p> <ul style="list-style-type: none"> Section 6c: Effective parenting practices for preventing AOD use and harm <p>Resources:</p> <ul style="list-style-type: none"> Fact sheet: The Other Talk Fact sheet: Avoiding Stigmatising Language
5	20-40 mins	Summary and recap	An opportunity to consolidate participants' knowledge around what parents need to know including dispelling commonly held beliefs, and actions parents can take across the life course.	30-32	<p>Guide content:</p> <ul style="list-style-type: none"> Section 6: Parenting program content <p>Resources:</p> <ul style="list-style-type: none"> Fact sheet: Effective parenting practices for preventing AOD use and harm Video: Dispelling commonly held beliefs Scenario cards: Dispelling commonly held beliefs Video: Actions parents can take across the life course Scenario cards: Actions parents can take across the life course Fact sheet: Actions parents can take across the life course Video: How every child can thrive by five (TED Talk) <i>*optional</i>
Close				33	<p>Resources:</p> <ul style="list-style-type: none"> Post-training quiz

