

# The AlateenAge

*Alateen Information for Al-Anon - AL-ANON FAMILY GROUPS (AUSTRALIA) PTY LTD*

**Members and Groups will benefit from having some of this Newsletter read out at each meeting.**

**Alateen is for:** Teenagers who are family members and friends of alcoholics.

**Alateen is not for:** Teenagers coping with their own addictions.

## Myth Busters

### Myth Number 5

**Alateens are not allowed into Al-Anon meetings**

Al-Anon meetings have no age limit to participate. Some Al-Anon groups are not aware that Tradition Five states Al-Anon's purpose as helping the families of alcoholics and that is done by welcoming and giving comfort to the families of alcoholics. When there is no Alateen meeting available, Alateens are encouraged to attend regular Al-Anon meetings.

## The History of Alateen. Part 3

Each year more literature was distributed, more letters were written, more interest was indicated by professionals and more Alateens were represented at AA/Al-Anon conferences and conventions. Eventually, Alateen conventions were planned, financed and attended by Alateens and their sponsors.

*(Alateen Hope for Children of Alcoholics, page 104.)*

(More next edition)



## Literature Review



**DEAR MOM AND DAD P-67**

"Sometimes it's really hard for me to tell you how deeply affected I've been by the disease of alcoholism. That's why I am giving you this pamphlet, hoping you will understand why I need to go to Alateen meetings." This is on the front of the pamphlet.

Inside are sharings from five Alateen members: Jenny says, "I appreciate you making me go to those first few meetings and for letting me go now." Andrew: "Alateen offers me a chance to discuss my feelings and I feel accepted by my Alateen friends." Mary Sue: "Although Alateen will not fix me completely, it has helped me discover a new way of looking at my life."

Laurie: "Alateen has given me the gift of sanity." Mark: "I'm thankful to my parents for guiding me towards the path called Alateen." William: "I don't know where I'd be without Alateen."

Keep this in mind: ***You don't have to drink to suffer from alcoholism.***

What a great piece of literature "Dear Mom and Dad" is to give a member who has teenagers!

## What help could Al-Anon and AA members give to Alateen?

- Be more involved – talk to Alateen members.
- Announce meetings and encourage family members.
- Al-Anon meetings willing to have Alateen members attend.
- Have Alateen literature available.
- Encourage use of Alateen literature in Al-Anon meetings.
- Have Alateen as a topic for an Al-Anon meeting.
- Have Alateen members share at open AA and Al-Anon meetings.
- Family Recovery: Suggest Alateen for the young people and Al-Anon for AA members' families.
- Let local AA groups know where the Alateen groups meet.
- Offer guest speakers from Alateen for Birthday and Open meetings.
- Make the Alateen page on the website more teen friendly.
- Ask Al-Anon meetings to advertise Alateen.
- Ask Al-Anon and AA members to bring their children to Alateen.

Adapted from Workshop held at National Convention, Adelaide, 2008.  
*“How Can We Help Alateen?”*

## Alateen Do's and Don'ts

The following are excerpts from the literature piece “Alateen Do's and Don'ts” (M-9).



### Do's

- **Do learn to forgive yourself and others – you only hurt yourself by holding grudges.**
- **Do keep your trust in your Higher Power.**

### Don'ts

- **Don't make your parent's problem the number one thing in your life.**
- **Don't expect things to get better overnight.**

## PARENT CORNER

Barb continues her story.



I didn't have to be the best mother all the time. By her going to Alateen she knew that I was doing the best I could and I would do anything to get her to meetings and all other involvement of the Alateen program so she could have an opportunity to find a way of life that I could not have showed her without help. You know, we all need help sometimes as a parent and a person. It is hard to admit that you may not know it all. I am sure you may be worried what your kids are going to say about you. What I have experienced is something greater than fear of what others think of me. It has been twelve years of love and friendship with a girl I brought into the world, a lot more than some people get in a life time. I love what

Alateen has done for my family and I have the best daughter in the world. I had a lot of help. We still go to conventions and weekends together, not bad for a mum that didn't have a clue. My daughter is 25 and I still have my say and opinion in her life. I am her mother and I will never stop caring and loving her.

Alateen has given me a great relationship with a girl I did not know, I don't believe would have known, or loved the way I do love her. I can only wish that I had this opportunity when I was younger with my mother.

Thank you Alateen and for the members telling me that I don't know it all and I don't have to. Believe me, Alateen won't make your child a saint, but it will give them a chance to be happy, joyful and free.