



# ENDING THE SILENCE AROUND PROBLEM ALCOHOL USE IN THE HOME

AWARENESS RAISING TOOLKIT FOR ISSUES FACED BY  
GROWING UP WITH PROBLEM ALCOHOL USE IN THE HOME

#ENDTHESILENCE



200,000

CHILDREN CURRENTLY LIVING  
WITH THE TRAUMA OF  
PARENTAL PROBLEM  
ALCOHOL USE

**At least 200,000 children in Ireland are currently living with the trauma of parental problem alcohol use and a further 400,000 adults are living with its legacy, sometimes experiencing lasting difficulties with emotional, mental and physical health. Yet despite these large numbers this Adverse Childhood Experience (ACE) remains a deeply hidden aspect of Ireland's relationship with alcohol.**

There are many reasons for this including family dynamics, shame and the wider societal conflict between our image of Ireland as a country which identifies strongly with drinking yet knows there is a huge price to pay for our alcohol use. This toolkit is an awareness raising resource for anyone who works with children, families and adults who have who have experienced this trauma.



**This toolkit aims to provide awareness and understanding to the issues people who grow up with problem alcohol use in the home may face.**

**It is also for anyone interested in learning more about problem alcohol use and its impact, including people who have experienced it themselves.**

This resource does not aim to be a therapeutic intervention, but simply provides information and good quality resources based on best evidence available on this issue.

The toolkit was created by AAI with input from experts by experience from our Silent Voices initiative and professionals who work in this field.



**ALCOHOLIRELAND.IE**

**LINKS CONNECT TO ONLINE  
RESOURCES THAT ARE  
HOUSED ON THE ALCOHOL  
ACTION IRELAND WEBSITE**



## Children

**Research shows that about 1 in 6 young people in Ireland grow up with problem alcohol use in the home.**

These resources have been compiled to help young people but may also be of interest to parents and professionals.



**CLICK TO DOWNLOAD  
THE INFORMATION  
PACK FOR CHILDREN**

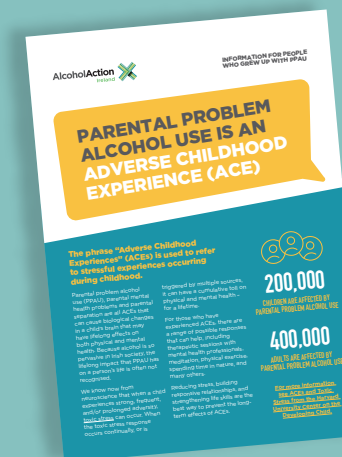




## Adult children

**Currently in Ireland around 400,000 adults are living with the legacy of parental problem alcohol use.**

These resources are designed to help you start a journey of understanding and healing.



**CLICK TO DOWNLOAD  
THE ADULT CHILDREN  
INFORMATION PACK**



## Professionals

Many different professionals come into contact with children and families and that is why it's important that all professionals can recognise how ACEs can impact young people and respond accordingly.



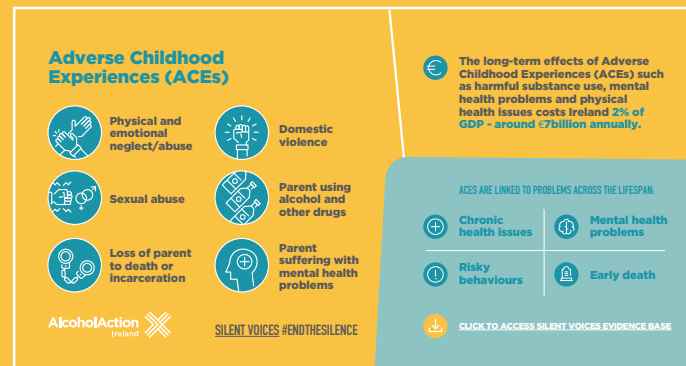
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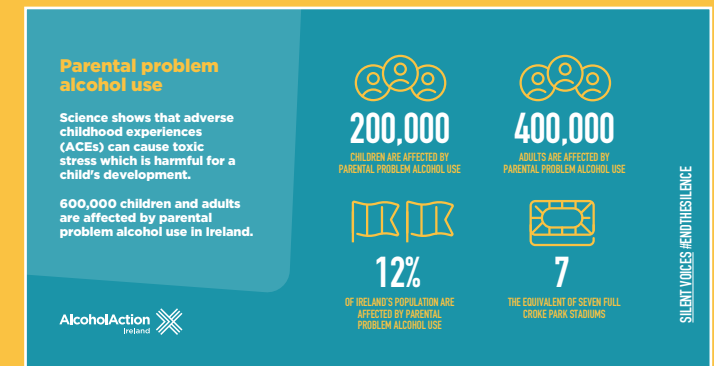
## About ACEs

These fact sheets are available for download to help spread the word about this issue in an accessible manner.

Join us in helping to #endthesilence around PPAU, a widespread issue and potentially harmful adverse childhood experience.



ADVERSE CHILDHOOD EXPERIENCES



PARENTAL PROBLEM ALCOHOL USE



PARENTAL PROBLEM ALCOHOL USE IS A GATEWAY ACE



PROTECTIVE FACTORS HELP TO BUILD RESISTANCE AND MITIGATE ACEs