

ALATEEN AGE:

ALATEEN INFORMATION FOR AL-ANON MEMBERS

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

Who is Alateen for?

Alateen is for teenagers affected by the alcoholism of relatives and friends and who share their experience, strength, and hope to solve their common problems.

Alateen is not for teenagers seeking recovery from their own addiction. Young people seeking recovery from alcoholism should attend an [AA](#) meeting for support. AA can be reached by visiting <https://aa.org.au/>.



What is Alateen?

Alateen is for young people whose lives have been affected by someone else's drinking. Sometimes the active drinking has stopped, or the active drinker may not live with us anymore. Even though the alcohol may be gone, and the alcoholic gone or recovering in AA, we are still affected. (Taken from Alateen pamphlet S-20)

Alateen members work the same 12 Steps, 12 Traditions and Slogans that Al-Anon members do. Each Alateen group has two adult sponsors from Al-Anon who volunteer their time to guide young people affected by someone else's alcoholism.

Has your teenager been affected by someone else's drinking?

Does your child think no one could possibly understand how they feel?

Does your child cover up their real feelings by pretending they don't care?

Does your child ever treat teachers, friends, team-mates, etc., unfairly because they are angry?

Does your child think that their problems would be solved if the drinking stopped?

Does your child ever threaten or actually hurt themselves to scare the drinker into saying, "I'm sorry" or "I love you"?

Does your child tell lies to cover up for someone else's drinking or for what's been happening at home?

Are they afraid or embarrassed to bring their friends home?

Are mealtimes, birthdays and holidays spoiled because of the drinking or others' reactions to the drinker?

If you have answered "yes" to any of these questions, Alateen may help your child. You can contact Alateen via your local Al-Anon Area office.

(Questions adapted from Alateen pamphlet S-20 "Has Your Life Been Affected By Someone Else's Drinking?")



What help can Al-Anon offer to Alateen?

There are many ways for Al-Anon to support Alateen -- as individual members and at a group or district level. Here are just a few ways you can help:

An **individual member** can:

- Encourage your teenager to attend Alateen;
- Offer to transport an Alateen to a meeting.

A **group** can:

- Speak to local AA meetings and urge AA's to encourage their teenagers to attend Alateen;
- Invite an Alateen to speak at regular Al-Anon meetings;
- Include Alateen Link-Up and other literature in Al-Anon meetings;
- Help a struggling Alateen group if they are not able to be self-supporting .

And at a **District** level we can:

- Read out the Alateen Coordinator's report;
- Encourage Alateen groups to have a Group Representative.

Alateen Chat

When an Alateen can't get to a meeting, it's good to know they can participate in an online chat. Below is a schedule of online chats. They won't all be convenient because they are based in the US, but here's a link that will convert US times into ours.

<https://preview.tinyurl.com/y9t356ad>

Here is a link to the Alateen section of the World Service website <https://al-anon.org/newcomers/teen-corner-alateen/>

Alateen Chat Times (US)

Eastern	Central	Mountain	Pacific
Sunday 3 pm	Sunday 2 pm	Sunday 1 pm	Sunday 12 pm
Sunday 9 pm	Sunday 8 pm	Sunday 7 pm	Sunday 6 pm
Monday 6 pm	Monday 5 pm	Mon 4 pm	Monday 3 pm
Monday 10 pm	Monday 9 pm	Mon 8 pm	Monday 7 pm
Wed 7 pm	Wed 6 pm	Wed 5 pm	Wed 4 pm
Wed 9:30 pm	Wed 8:30 pm	Wed 7:30pm	Wed 6:30 pm

Alateen Literature

If you think Alateen literature is too immature for a member of Al-Anon, think again. These are from Alateen's Fourth Step Inventory (P-64):

Do I try to find solutions without trying to blame someone else?

Do I take proper care of myself by eating the right foods and getting enough exercise and rest?

Have I started to accept – and forgive – my shortcomings and those of my family and friends?

Have I given myself permission to make mistakes?

Yes? No? Not sure?

Just for Today

Alateen has a Just for Today card, similar to Al-Anon's but with content that teens can relate to, such as:

JUST FOR TODAY, I will not lose my temper. I will try to get along with my sisters and brothers, and I will not argue with, nor talk back to my parents.

JUST FOR TODAY, I will try to keep up my school work. I will not let anything interfere with my responsibility to "get smart."

JUST FOR TODAY, I will smile. I will keep myself neat and clean. I will be grateful for what I have instead of concentrating on what I don't have.

What a great way to live each day! And the card is small enough to be a secret meeting in a wallet!