

'It's not just the
parents that
get hurt, it's
also the kids.'

Young person, 15

'I didn't realise
there were
other kids like
me - I thought
I was all alone.'

Boy, 12

'Sometimes I draw to
take my mind off it.
And I just try and
concentrate on one
thing at a time to just
cool my temperature
down and stop crying
and stuff.'

Girl, 8

'I hate that
you don't
understand
how I feel when
you drink.'

Young person, 15

'When my nana talked to me about it she was really kind, and she helped me get over it. She says that everything is going to be OK.'

Girl, 8

'It felt really good
when I could talk
to people because
I felt like a bottle
ready to explode
and I didn't want
that to happen.'

Boy, 12