

Alateen Electronic Connections

Stories from Alateens: YouTube: How Alateen Can Help

<https://www.maineafg.org/alateen>

Teen Corner: For teens affected by someone else's alcoholism.

Electronic meetings and Alateen Mobile App, Frequently Asked Questions

<https://al-anon.org/newcomers/teen-corner-alateen/>

INSTAGRAM Read the sayings and stories by teens

https://www.instagram.com/alateen_wso/?hl=en

Talk with someone about Alateen

Area Alateen Coordinator alateen@maineafg.org

Talk with someone who goes to Alateen or Al-Anon. Ask an adult that you trust about Alateen.

Look for Alateen information on bulletin boards/information racks, notices in media.

Also connect with these Al-Anon sites for more things for teens.

Sign in to X: https://twitter.com/AlAnon_WSO

“How Alateen Can Help” at https://www.youtube.com/playlist?list=PLE6_109D081-0zCREWsBjGtdo_Wr-5kSp

<https://www.facebook.com/AlAnonFamilyGroupsWSO>

Has Your Life Been Affected By Someone Else's Drinking?

Do you believe no one could possibly understand how you feel?

Do you cover up your real feelings by pretending you don't care?

Do you feel neglected, uncared for, or unloved?

Do you tell lies to cover up for someone else's drinking or what's happening in your home?

Do you stay out of the house as much as possible because you hate it there?

If you have answered “Yes” to any of these questions, Alateen may be for YOU.

Alateen Electronic Meetings: Alateen Mobile App

<https://al-anon.org/newcomers/teen-corner-alateen/alateen-electronic-meeting/> Alateen meetings in the Mobile App are for young people aged 13 to 18 who have been affected by someone else's drinking. They share experience, strength, and hope with other teens.

Alateen meetings in the Mobile App are moderated. The meetings are available only to Alateens and take place when the assigned adult Alateen Group Sponsors (at least two) are present. At this time, Electronic Alateen meetings can only be accessed in the Al-Anon Family Groups Mobile App. Download the [Al-Anon Family Groups Mobile App](#) to attend electronic Alateen meetings.

Alateen Safety: The Alateen meetings in the Mobile App are administered by Al-Anon Family Group Headquarters, Inc., and hosted by Areas (states/provinces) in our U.S./Canada structure or recognized international General Service Offices. These meetings are the only online Alateen meetings eligible to use the Alateen name. Teens aged 13 to 18 can download the AFG Mobile App to attend Alateen meetings. Once in the meeting room, the teen can change the screen name to the name they want used in order to be recognized by other Alateens and the Sponsors.

What is Alateen? Alateen is a place where members come together to:

- share experiences, strength, and hope with each other to find effective ways to cope
- discuss difficulties and encourage one another
- help each other understand the principles of the Al-Anon program through the use of the Twelve Steps and Alateen's Twelve Traditions

Alateen is not

- For teenagers seeking help for drinking or drug problems or a therapy program
- A social hangout.

Questions Frequently Asked by Teens

<https://al-anon.org/newcomers/teencorner-alateen/teen-faq/>

Who are alcoholics? All kinds of people are alcoholics—people from all walks of life. Only a small percentage of alcoholics fit the stereotype of “derelict” or “bum” panhandling on the street. Most alcoholics appear to be functioning fairly well, but their drinking affects some part of their lives. Their family life, their social life, or their work may suffer. It might be all three. Alcoholics are people whose drinking causes a continuing and growing problem in any area of their lives. * * *Alateen—Hope for Children of Alcoholics* (B-3).

Why does my father drink too much? Many people drink because they like the way alcohol makes them feel. Some drinkers have no control. If your father drinks so much that he gets into trouble, and his life has become unmanageable, he may be an alcoholic.

Why can't my mother stop drinking? The compulsion to drink is too strong for her. She may not want to drink. However, her desire for alcohol is so overpowering that she cannot control it. It is a drive stronger than anything in her life, no matter how much it makes her and others suffer.

When will they realize they are alcoholics? Perhaps they do realize there is something wrong with the way they drink, but are ashamed or not ready to admit it. Perhaps they are in denial. This means they cannot see that there is a problem. They may have tried to overcome their drinking and failed. Many alcoholics give up hope for sobriety because of this.

Is there a cure for this illness? Although it is possible to stop drinking, there is no cure for alcoholism. Like diabetes, alcoholism can be arrested, but not cured. A single drink could start the drinking again.

Can I get an alcoholic to stop drinking? In Alateen and Al-Anon we learn that we *did not cause* the disease of alcoholism, we *cannot control it*, and we *cannot cure it*. We can do nothing directly to get an alcoholic to stop drinking. Persuasion, scolding,

bitter silences, and tears may only put an alcoholic on the defensive. This could increase the alcoholic's feelings of guilt, which can lead to more problems.

What if the alcoholic never stops drinking? We can find hope in every situation, no matter how things look at the moment. By going to Alateen and Al-Anon, we can help ourselves have a better life, whether the alcoholic stops drinking or not. We come to believe that the only life we are responsible for or have any control over is our own.

What to say when my friends see a drunk family member? It is natural to feel angry, ashamed, or embarrassed when this happens. Talking to other Alateen members can help you decide what you might say to your other friends. As we attend meetings and understand more about alcoholism, we can learn to handle such situations.

What can I do if my friends don't want to visit me? Don't take their refusal personally. Our friends might not understand the disease of alcoholism. They may only feel uncomfortable in your home and not with you. Don't withdraw from them or group activities. A positive attitude can be an example to others with similar problems.

How can I believe my parents love me when they don't act like they care? Love is distorted by the disease of alcoholism. Alcoholics often take out their hostilities on others in irrational ways, and may not be able to express love appropriately. Those of us who live in alcoholic situations may act irrationally as well.

What can I do if the situation becomes violent? When someone is out of control, it makes sense to avoid contact with them, if possible. It doesn't make any sense to fight or argue with someone who is drinking. It may be necessary to leave the room or home temporarily. Contact someone trustworthy. It may be a friend, relative, spiritual adviser, guidance counselor, teacher, or the police. Plan ahead and have the phone number of a safe place where help is available.

[If a family member is an alcoholic, will I become one, too?](#) There is not a “yes” or “no” answer to this question. Experts do not agree on exactly what makes a person an alcoholic. However, since alcoholism does tend to run in families, the children of alcoholics are at greater risk. Learning about alcohol, and its effects, can help us to make a decision about its place in our lives.

[Why is my non-alcoholic parent so unreasonable?](#) Alcoholism affects everyone in the family. Non-alcoholic parents might feel lonely, frightened, confused, or angry. They might act nervous, irritable, and resentful. At times, we might feel they don’t deserve our respect because they appear to be unable to cope with what is happening in the home. Without help, living with a problem drinker is too much for most of us. In Alateen, we can learn to deal with our resentments toward both parents. Others in the family may be suffering just as deeply as we are. It helps to be patient and understanding. Many of us encourage our other family members to seek help in Al-Anon.

[Will getting help for myself do any good if the alcoholic refuses to get help?](#) Yes! When we become involved in Alateen and Al-Anon, we find many others who share similar feelings. In Alateen, we learn to take care of ourselves, regardless of what anyone else does. With a change of attitude, members learn to appreciate themselves and others. Love and respect can become a part of life.

[Where can an alcoholic find help?](#) There are many places where an alcoholic can find help. Such as Alcoholics Anonymous (A.A.). A.A. is available when the alcoholic is ready to ask for/accept help.

[Is Alateen Safe?](#) Each Alateen Group has one or two Alateen Group Sponsors. These are adult members of Al-Anon who have been through a certification process. They provide safety and guidance in the meeting and help the Alateens keep the meeting focused on the Al-Anon/Alateen program of recovery. An Alateen Group Sponsor doesn’t play the role of a teacher or assume a parental role. They honor Alateen members’

anonymity. For the safety of all involved, Alateen groups cannot meet without certified Alateen Group Sponsors present. When Alateen Group Sponsors are not available, Alateens are welcome at the Al-Anon meetings.

There Is Hope!

No matter how difficult our situation, we can build a better life for ourselves by remembering to reach out for recovery. Just keep these points in mind:

- Alateen has helped many others. None of us is alone—many other teenagers have gone through the same problems that we have.
- Alcoholism affects the person who drinks and those who are close to the problem drinker.
- Learning the facts about alcoholism can make it easier to accept it as a disease.
- Another person’s addiction to alcohol is no reflection on us. Remember that we didn’t cause it and cannot control or cure it.
- We are not responsible for the alcoholic’s behavior.
- It helps to talk things over with someone we trust.
- Being patient with ourselves and our families is important. Alcoholism has affected us and our families for a long time, and it may take a long time to recover.
- Try to improve, “One Day at a Time.”
- Attend Alateen, Al-Anon, and open A.A. meetings.
- Study the Twelve Steps and Twelve Traditions. They are an important part of the Alateen program.

Contact information and notes:

By Maine Al-Anon Family Groups, Jan. 2025

<https://www.maineafg.org/alateen>

Alateen Literature

<https://al-anon.org/newcomers/teen-corneralateen/alateen-literature/>

Books and other literature may be available from Al-Anon and Alateen groups, libraries, schools. Some of the items available are noted here.

Order from
Literature Distribution Center AFG of
Mass.
57 East Main St. Ste. 109
Westborough, MA 01581-1457
508-366-4663 afgofma@aol.com

Look for Alateen literature in Libraries and at school.



Alateen Newcomer Packet



Teen Corner



Help make Alateen literature available for youth that you know, in schools, in libraries, for adults who connect with youth!

Anyone is welcome to use Alateen literature; but cannot use the Alateen name unless registered through the Area with certified AMIAS as Alateen Group Sponsors.

--Al-Anon groups may purchase Alateen items and donate to schools for general use or for a teen.
--Discuss and/or contribute literature initially and continue to contribute over a period of time to keep an Al-Anon/ professionals contact ongoing.