**Transcription of video – ‘Risking it all’**

***On screen text:***

* ***Fetal Alcohol Spectrum Disorder***
* ***Prevention for a Brighter Future***
* ***Risking it all***
* ***True Stories***

**Young women:**

I started drinking at 14 yeh yeh yeh 14 [noise of pub].

I started drinking when I was 14. I used to like um put alcohol in like a pump bottle and take it to school. It was like the most dumbest thing I ever done and like sit there during class like drinking. I like Powerade bottles with the Cruisers [bar sounds].

I think we started drinking me and my friends because, one, it was really cheap – it’s like three dollars for a big bag of goon, which is wine, and then they used to sell separate cans as well which were like four dollars each and that was like change under the couch for us. So, something to do [bar sounds].

When I first when I met my partner going out like for a month or something or really really early, and we went to one of his uncle’s fiftieth because I thought I was so cool and I had the meanest alcohol tolerance. I was drinking all day from like in the morning, man, I was like panicking and I can’t see like my vision was just going blurry and then I just blacked out I just fell over and I don't even remember. The last thing I remember was sitting on the chair and I was swaying like this. And then I remember he picked me up and then we were like walking down to go to the car so that I could like cool out, cause I did that in front of his whole family and I had only just met him and it was Sunday.

For my eighteenth and I'd just invited a bunch of my friends and one of then got really really drunk, she was like hysterical, and like ruined the whole night. We had to take her home and that just like killed the whole night.

Went to a party, it was a friend's sixteenth there was no parents or anything there so we were able to drink quite a bit, umm, and I coma'd out, which is lingo for passed-out from too much alcohol, or vomited everywhere and I had to go to hospital for alcohol poisoning, umm, and after that I toned it down definitely didn't drink as much again. That was scary.

Just get guys, or whoever, like, someone could be standing outside a liquor store you can just ask them to buy and most people will.

Yeh most people will.

I've never been out where I couldn't get alcohol. [Bar noise]

I think there's five liquor shops that I can go to an' like they don't ask me for ID 'cause they know I'm not eighteen, they really know I'm not 18 yet. But they don't ask me for ID they just ask like to just flick a card at them so that it shows on the camera that I showed some form of ID just so that they don't get in trouble but they don't actually care if you're 18 or not.

Even going to town when we had fake IDs umm bouncers and things would know they are fake but just wouldn't care because we were like good looking girls or something. And there are way too many liquor stores in like certain areas. [Pub Noise].

And it's easy to get it too, like if we get bounced from this shop, the next one’s not far, so you just walk to it and you just keep going ‘cause eventually someone will let you buy it. There's like 14- to 15-year-olds that still have access to alcohol like there's always going to be someone who will do it, like break the law and buy alcohol.

Girls used to think it was cool because guys would umm hang out with them, and many girls would do the whole thing – ‘oh I've had one beer, I'm so drunk’.

Something to talk about when you go to school, like ‘oh yeah did you go to that party? Yeah I went, oh it was so funny I watched… blah blah blah… it was so funny’.

Like you might buy like big, like 12 packs or something, and then like, you kind of like, feel like you have to finish it because you bought it.

Yes. I think peer pressure's a big thing in it as well like I know that certain times I've been really rotten drunk is because I've been pushed by other people. Like oh come on you're not drinking as much as everyone else. [Bar noise, music]

***On screen text: Running the risk***

**Faith:**

I don't actually remember that whole night but - I woke up with four piercings, a tattoo and then a week later I found out I was pregnant and then I just was, ok, if I wasn't drinking I wouldn't have done it but, I think, just, yeah, it was I was drunk. Probably wasn't the best but… we get there.

Before I was pregnant I drunk like every day. I didn't think it was bad but everyone else sort of commented on it. I was drinking probably six days a week, just with my flatmates and my friends and stuff. And then I got pregnant and stopped. It wasn't like, I didn't have a problem like quitting like Mum does or anything, but, I missed it. It was like - okay, but not, I feel better like, I don't feel so old now.

**Young women:**

Now that I'm pregnant it's not cool, because when my son's my age am I going to be worried about what he's doing? Like, are they going to let him buy alcohol under-age and is he safe and things like, you're just not going to know.

I think to, like I got pregnant when I was like fifteen, and that's when all my friends were starting to drink and like everyone was having their sixteenth, like, sweet sixteen, even though we don't do that here (laughing). Yeah, and like I think, to me, like just looking at them drinking I was like, oh, that's so gross. Like the things that you do when you're drunk, it's just not cool.

**Interviewer:** Did alcohol have anything to do with any of you girls getting pregnant?

**Young women:**

Um, in my scenario definitely. Um, me and my friends used to get fake IDs an' things and go to town, um, and get really drunk and because our boyfriends are like a year or two older than us. Um, alcohol makes you less, um, noticeable to situations so protection wasn't really on my mind at the time.

For me it was like oh, I don't need any protection I'm never going to get pregnant that only happens on TV. It wasn't a very good theory but when I did get pregnant yeah I was very very drunk. You don't really think about it either like I know that it isn't goin' to happen, like it only happens on ‘Teen Mum’ on TV. Yeah.

***On screen text: A baby's brain is developing from the first weeks after conception, when many women don't even know they're pregnant.***

**Children's Commissioner, Dr Russell Wills:**

The level of alcohol in your blood stream is the same as the level of alcohol in the baby's. So that when mum’s drunk, baby's drunk. And at that age, in the womb the baby's brain is growing millions and millions of nerve cells every second, and the connections between those nerve cells are just exploding at this enormous rate. So in the frontal lobes in particular, which are the most affected, those brain cells don't grow and the connections aren't made, and it means that baby's ability to regulate their emotions, to not be impulsive and to learn are profoundly affected.

[Music]

***On screen text: I wish I'd known...***

**Young women:**

I've done some stupid things in my opinion, which my parents and family members have always told me that alcohol doesn't make you think right. Um, your reactions are slow, um, so, yeah, the times that I've been drunk that I can remember, yeah, I did some very naughty things [laughs] yeah.

I got lots of regrets around alcohol especially like all my mum. My Mum was always there for me and I didn't listen to her. I did lots of things like I got into heaps of trouble or got myself hurt or my friends hurt or my mum... Like my mum took it upon herself like "oh my god I'm a bad parent" but when I think about it now it was nothing to do with her, it was just my own personal dumb decisions. But yeah, there is there is a lot of things I wish I could take back.

[Music]

***On screen text: Kim is serving home detention for her 7th drink driving offence***

**Kim:**

I think you're just hurting yourself, but you don't realise what damages it does to the young ones. And they're the ones that grow up with it, and their kids grow up with it and we just, I just partied because – ya know, why not? It felt like a good time, but the party ends you know, one day you gotta turn the lights out the party, everybody goes to sleep and the party ends.

***On screen text: Kim is dying of liver failure. She is 44***

**Kim:**

You know, it's made me look at my whole total life in a different way. You know and we can all wish a whole lot of stuff, you know, different, but you can't never take that time.

For now I'm just fighting for as long as I can to try and get to, you know... I know they say two years, but I wanna be here for five [laughs] you know, and the only way I know to do that is to keep fighting.

[Music]

**Jackie:**

When he asked the question of why he was the way he was it was hard, cos I didn't want to lie. And he was only ten at the time. And there was no way I could even do a little white lie so I just kinda took a couple of minutes, sucked it up and went "Honey, sorry but I drank when I was pregnant with you".

[Music]

***On screen text: When Jackie's son was 6, doctors thought he was autistic. Now she knows he has Fetal Alcohol Spectrum Disorder***

**Jackie:**

I think only a couple of times I may have gone tipsy but usually I'd be fine to get up and walk around and not feel, me, not feel the effects, or only slightly feel the effects. And not realising that my baby was actually, obviously, as drunk as a skunk.

**Children's Commissioner, Dr Russell Wills:**

In some of the children is really obvious. When they're born, they're tiny and they've got the classic facial features. But for most kids, they don't have that and parents often don't know until the child who was originally placid starts to kind of make their life difficult.

And that happens around eighteen months to two. And these kids are extraordinarily difficult, because their frontal lobes are affected. It means that their ability to regulate their emotions and to concentrate and ignore distractions, to manage their impulsivity is profoundly affected.

And so, as toddlers, they become increasingly wild and difficult, they stand out in kindergartens, and they lose opportunities to learn and make friends. And then in primary school it becomes more and more obvious, and that's about when we get a referral for these kids. And it's such a shame. You know they find it so hard to learn, so hard to make friends, and it's completely preventable.

**Jackie:**

The people I've talked to, some have known a lot and gone "oh yeah, no I wouldn't touch it when I'm pregnant". A lot of people like "oh well I've had like a sip of beer or I'll have just one glass of beer over the night because I wanted it, or I've craved it," and it's yeah they've and when I tell them that what you what you're drinking, the baby's getting the exact same amount, they're sort of quite shocked and don't realise until they're thinking about it in that way, they're like "oh".

[Music]

**Katherine:**

My Mum drank alcohol when she was pregnant with me. I don't know much about her or anything because I was actually adopted out. I had to be taken away from her.

***On screen text: Katherine has an intellectual disability.***

**Katherine:**

Well it just doesn't seem fair because it's not like um, like it can be prevented. It's not the child's fault that they're born like that, it's more the Mum's fault for because she drunk the alcohol while she was pregnant. And it's hard for the child to be brought up and, you know, maybe being picked on at school and given a hard time by teachers, cos they don't understand them and it's really hard for them. Um, and it's, it just can be prevented, it can be, you know, people don't need to be born like that.

***On screen text: Katherine left home at 32. She now lives in a supported living home.***

**Jackie:**

At two he wasn't talking. He only had about five sounds for words and that was it. So we got onto Speech Therapy and they came up with yeah that he's got delayed speech, and then he started kindy and there's behavioural issues. He really didn't like playing with other kids. He very much kept to himself, focused on one toy, it was trains, Thomas trains at kindy, he would always go straight to those and that would be his settling in. And it was, while he was playing with it, watch out anyone that came in and tried to do it differently. It had to be played his way. Um, which at first I didn't think much of it other than obviously that's what he's like, but looking back, it was kind of a big, really big sign that was something more to it. He didn't like being touched. If kids brushed past him, he would think they'd hurt him, like, and thumped him, whereas they'd just brushed past his arm. And so he'd blow up and say, "You hurt me".

[Music]

***On screen text: It is estimated that children with FASD are 19 times more likely to face prison than those not affected***

**Children's Commissioner, Dr Russell Wills:**

As teenagers because they are so impulsive they make terrible decisions so they may hurt someone, they can often become violent or start to steal, and they aren't able to learn from their mistakes, or from consequences, so the behaviour escalates really quickly.

They come to the attention of the police but the interventions don't work because they don't have the ability to reflect on their behaviour before they do it again, and they often end up in jail.

So our prisons are full young men, in particular, who are fetal alcohol affected, who don't have the ability to manage their emotions, to manage their behaviour, who haven't learned and so hundreds and hundreds of young men are in prison who just shouldn't be there.

[music]

**Jackie:**

My worries for him, um I'm constantly thinking about who his friends are, what type of child they are, you know, and when he gets to high school even like are we gonna have a high school that we can get him into, will there be stuff out there for him to be able to succeed and will he find a job, the job that he wants, will they let him do it.

So he talks about getting married and having a wife and I pretty much just say to him ‘yep sweet, you can do that, you can do whatever you want,’ but in the back of my head I'm thinking, oh, I hope he can.

[music]

***On screen text: We can change***

**Young woman:**

My theory is I'll just do the opposite as my parents and it will go well, you know. Just put my kid before everything else. I worry about my kid more than having fun and not drinking while you're pregnant is probably a good start.

[music]

**Kim:**

That's gorgeous, especially that one. 'Cause it's sucking its thumb. My little granddaughter. So my hope is that I'll still be alive, heh heh, to see her.

If you don't make the right decisions, it doesn't just bugger up yer own life, it buggers up everybody’s. Not this baby though. You know. Which is very cool. You know, because the first one in this generation and my generation that won't be born, with you know, like I know Faith was drinking when she got pregnant, but when she got pregnant she stopped. You know so this'll be a baby that's been pregnant inside of mummy without being drunk, or drinking. So yeah, baby's got a good chance.

[Baby crying]

**Mahia Winder, Maori Midwifery Advisor, ADHB:**

I do believe and I've believed for a long time that the message starts at the top. It’s a generational thing, and the message we've got to go to the grandmothers and the great-grandmothers, the women that for so long have said down the line, and they're still doing it in families “I did that and look at you you're okay”.

Um and it happens with women that smoked during pregnancy. “God imagine it I didn't smoke you were big anyway you would have been huge” ‘cause the belief is that you will make your baby smaller and that's proven too. We have to stop it up the top, we've got to stop these grandmothers and great-grandmothers and great-great-grandmothers making out that it’s okay because within Māoridom, they're the people that these young girls listen to and so if their great nans saying oh it's alright you can have a drink with me 'cause I used to do it all the time and you're OK, and your mother’s okay, but in actual fact a lot of them aren't okay. They're angry people they're ah, you know they're antisocial people and they go on to have the same issues around the drugs and the alcohol and everything because there's really been no real guidelines.

[baby crying]

**Mahia Winder:**

I often talk to whānau about this and often if there's lots of people living together they might have a habit of partying every Thursday or Friday night. It’s not my place to go and say you can't party. But my place to be look, hey you've got a young mum here, she's, she's hapū she's pregnant, and you're really tempting her 'cause it’s been a lifestyle that she's been use to for a long long time, so think about her, think about this moko that she's going to have and if you really need to do your partying, could you go somewhere else? Could you sorta not be selfish, it’s not all about you, it’s about the next generation that we're bringing, you know, that's about to be born.

[karakia]

**Danny Thompson, Child, Youth and Family:**

Ah, they're just my absolute heart you know. I know when I look at them that when my time has come to pass, the legacy that I want to leave behind is that they will ah make good choices for themselves, that I 'spose the concept I talk about is Te Oranga Mo Tatou Whānau, what is our responsibility, we have responsibility to ensure the wellbeing of our whānau, so everything that we do enhances the mana of who we are.

[karakia]

Unborn mokopuna are tapu, they are the, what we do is when we're talking about mokopunas, they are the totality of whakapapa so to turn around and do anything or make any lifestyle choices that’s going to impact on that, is going to impact on whakapapa, so we need to bring that concept back about the tapu-ness of an unborn child and of course the mother that is carrying that child.

I think that once we bring that back in then we'll start to understand the intrinsic values that our mokopunas do have.

[karakia/music]

**Young women:**

The thought of someone being dependent on you is definitely there 24/7, so you take care of yourself more.

I think subconsciously, there's like something stopping you from doing like the dumb things that you used to do before, like you wouldn't drive drunk or you wouldn't jump in the car with someone that's been drinking, and you wouldn't walk home at like four o'clock in the morning because if something’s happened to you and that affects your child as well and you have to be there for them.

When you're a mum you kinda like, people know that you're a mum too so you're like oh they're gonna look at me like you shouldn't be doing that 'cause you're a mum. And I don't want like people thinking that I'm a mum that goes out and like gets drunk and does all this stupid stuff when I have a kid at home.

[music]

**Katherine:**

I think people that are pregnant or planning to have children or even people that aren't planning but are sleeping with, you know, doing romantic stuff, I think the ladies shouldn't drink at all because they might be pregnant without knowing and then the damage is already done.

***On screen text: Kim died two months later. She did not live to see her granddaughter's birth.***

***Screen credits:***

***Made by Attitude Pictures***

***For Child, Youth and Family and Alcohol Healthwatch***

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***On screen text: Child, Youth and Family and Alcohol health watch would like to thank those who made this video possible, especially the women who shared their life stories so generously.***