



Talking to kids about alcohol

A guide for parents
and carers

Contents

Get talking – when do you start?	2
At what age should I talk about drinking?	
Very young children	
11-13 year olds	
Teenagers	
Young adults	
Practical ways of delaying teenage drinking	
Are you Alcohol Aware?	7
Units and daily guidelines	
How too much alcohol affects the body	
The law and underage drinking	
Drinking and driving	
Can I let my kids drink at home?	
Keep talking as they get older	12
Stress and peer pressure	
Make them feel respected	
Set limits	
Trust them	
Parents’ fact file	13
Fact 1 - You’re the tops	
Fact 2 - A large majority of teenagers DON’T regularly go out and get drunk, or drink heavily	
Fact 3 - ‘The Tipping Point’	
Fact 4 - Don’t send them underground	
Fact 5 - What happens to teenagers who get drunk	
Perfect parents	16
Units and mixing	
Pace yourself	
A bite to eat	
Having friends over	
How to recognise if your child is secretly drinking	
Useful websites	18

This guide is written by Helena Conibear of Alcohol in Moderation www.alcoholinmoderation.com . If you require further information please email: info@aim-digest.com or visit www.drinkingandyou.com . Information within this guide is based on Government and CMO guidelines and was current when going to press spring 2010. Statistics are drawn from: The Drug Use, Smoking and Drinking among young people in England 2008 report, The Chief Medical Officer’s Guidance for parents on underage drinking 2009 and NHS, Statistics on Alcohol: England 2008.

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It's a right of passage – part of growing up

*What can we do?
We can't monitor what he's doing when he's out with his friends*

*It's aspirational isn't it?
Our kids see soaps featuring booze and celebrities getting drunk and see it as cool and normal*

I'm far more worried about the friends she's hanging out with and her sleeping around

They don't listen to us, it's what their friends are doing that matters

Is this what you're thinking? Our children will encounter alcohol what ever we do, so what's the point?

Well, the first part is true, you're kids will come across alcohol via their friends, at parties and in their everyday lives as they get older. Most 15 year olds in the UK drink alcohol – fact. But 12-13 year olds do not – most will have tasted alcohol in the family home or at a celebration, but it is at this age – between 11-13 that their drinking habits for the future will be formed – and you, in kids' opinion, are the most important influence in their lives through:

- the examples you set,
- the house rules,
- the allowance and freedoms you allow them.

This booklet gives tips and guidance for you to approach the issue of drinking with your children, teenagers or students. Talking about it early on will help your child to understand alcohol and its effects, and make sensible choices about drinking in the future.



Get talking – when do you start?

Children are naturally curious about alcohol - they see people drinking - and they want to know more. Kids will be influenced by their friends, their teachers, TV, films and the media – but in most cases, parents have the biggest influence on their children’s behaviour, including how they drink alcohol. So you’re in a good position to make sure they have the facts about alcohol and drinking, and can make sensible choices in the future.

At what age should I talk about drinking?

There is no one size fits all message, but gearing your conversation to different ages helps.

Very young children

It is illegal to give a child under five alcohol. By the time a child is aged five, research shows they have already formed basic attitudes and opinions about alcohol. If you drink at home, your children are bound to ask questions at an early age about what you are drinking and what it tastes like. It is tempting to say ‘wait until you are older’, but it is worth explaining to your child that little bodies can’t digest alcohol, which is ‘strong’ so they should wait until they are older.

11 – 13 year olds

The average age of a first whole alcoholic drink in the UK is twelve and a half, so it's important to talk and for your child to have an understanding of units, how alcohol affects the body and liver, why young bodies can't cope with alcohol and the risks they run by experimenting at an early age.

At age 11 children see it as unacceptable to get drunk, and 97% don't drink, but age 13 is what we call 'the tipping point'. Growing up is an awkward time, reaching puberty, their social lives changing, relationships and peer pressure growing - and probably being less open with you.

Try not to force the subject, wait until the subject comes up via the TV, the media or similar. Put a conversation about drinking in context with other 'life skills', such as staying safe, talking about drugs and what sex is all about.

You might think your 'baby' is too young for all this, but unfortunately in this savvy world they'll be more informed than you think! A good approach is often to talk about an embarrassing or dangerous situation you got yourself into when young and the consequences.



Older teenagers

Finding the right balance between protecting your child and giving them freedom isn't easy. You can't be by their side all the time, and they wouldn't thank you for it anyway. However, with communication and trust, you can help them to make the right decision in a tricky situation, learn from their mistakes, come to you for advice when needed and still stay safe.

Research shows that older teenagers often experiment with alcohol in the company of their friends, but if their parents have been good and open role models and they are 'well socialised' they are less likely to develop bad habits with respect to alcohol.

By age 15 many are drinking regularly, so talking to your kids about sensible drinking guidelines, what a unit is, how to resist peer pressure and what happens to your reactions if you combine drinking and driving for example, is of great importance. Use this guide to help.





Young adults

Once your child has gone to college or is living away from home for the first time, it is harder to influence them and you have no control over the time they come home or how they drink and eat. The path to self-respect and independence should have been properly laid already but the following advice might help:

- Highlight the consequences of drunkenness, such as getting home safely, looking a fool in front of their friends or partners and the risk of unprotected sex, assault and theft.
 - Encourage them to pace themselves by alternating drinks, to eat before going out and to be aware of the alcohol levels of different drinks
 - Tell them to keep their mobiles with them and fully charged when going out and preferably to have worked out how to get home before they go.
- Remind them to never to
 - Leave their drink as it could be spiked
 - Drink and drive
 - Take a lift from someone they suspect has taken drink or drugs
 - Leave a party or venue their own at night.

A good wake up call if they're tempted to drink-drive is that they'll be unable to get car insurance, they'll lose their licence for a year, could face up to £5000 in fines, or a prison sentence. Another is the effect of a criminal record on their job prospects if they get involved in violence or damage.

Practical ways of delaying teenage drinking

Research shows that the younger a person is when they start to drink regularly, the greater their risk of alcohol-related problems later in life. Emphasising the personal consequences of getting drunk, such as the increased likelihood of being sexually assaulted or robbed, plus the social embarrassment of looking a fool in front of your mates helps delay the age, and the amount, that teenagers start drinking. This is more effective than just saying 'don't'.

These tips should help:

- Encourage sports, hobbies, clubs and social activities that keep your kids active and fulfilled.
 - Teenagers cite boredom and hanging around with nothing to do as one reason for drinking.
 - Establish routines that mean you can spend some time together and to talk to each other, this helps your child to feel they can come to you if they have a problem.
 - Make sure you know the facts and laws about alcohol and can talk in a balanced and constructive way about the pros and cons of drinking.
 - Talk and listen to your teenager. It is important that they hear your views and that you hear theirs. Use everyday opportunities, for example a storyline in a T.V. programme, as a prompt.
 - Make sure the ground rules are clear, discuss them with all family members, and be clear about what is allowed and not allowed and have consequences for breaking rules and enforce them such as stopping their allowance or grounding them.
- If your teenager is going to a party drop them off and pick them up or book a taxi. Agree the time they will be leaving the party. Your kids will hate it, but always check sleepover and party plans - ring other parents and check who's in charge.
 - Check where they're going and who they're with, and always make sure they've got a fully charged mobile with them.
 - Be careful where you leave alcohol in the house. Know how much you have and check it regularly. If you are away for the night it is unfair to your teenagers to leave them in a situation where they have access to a large supply of drink.
 - Supervise parties at home and always serve food. Ensure there is adult supervision of parties in friends' homes.



Are you Alcohol Aware?

Units and daily guidelines

UK daily guidelines for sensible levels of drinking for adults define 'a unit' or 'drink' as 8g (1cl of pure alcohol) and recommend that men should not exceed 3-4 units a day and women 2-3 units a day. Guidelines vary for men and women as women are generally smaller than men and have less body water; also they have less of the enzyme which breaks down alcohol.

How alcohol affects you will depend on your age, size, sex and health. How quickly you drink and whether you're eating also affects how alcohol is absorbed by the body.

Guidelines are daily rather than weekly, as you should not 'save up' units and drink heavily at the weekends. Binge drinking over one or two nights a week can lead to health problems and anti-social behaviour.

Labels on bottles of alcoholic beverages usually contain information to help you. Icons on the label give the total number of units contained in a bottle or the number of units in a specific standard measure as well as alcoholic strength.

When not to drink

DON'T

- Drink and drive
- Operate machinery, use electrical equipment or work at heights after drinking
- Drink heavily before playing sport
- Drink while on certain medications - ask your doctor if you are unsure
- Binge drink - it can lead to health and other problems
- Drink when you are pregnant.

For more information visit:

www.drinkaware.co.uk or
www.drinkingandyou.com

Wine (av)		125ml glass	175ml glass
	12%	1.5 units	2.1 units
	14%	1.75 units	2.45 units
Beer (av)		half a pint	pint
	4%	1.1 units	2.2 units
	5%	1.4 units	2.8 units
Spirits (av)		25ml (single)	50ml (double)
	40%	1 unit	2 units

Know your limits



UK Chief Medical Officer recommends

Adults do not regularly exceed:

Men 3-4 units daily
Women 2-3 units daily

Avoid alcohol if pregnant or trying to conceive

www.drinkaware.co.uk

How too much alcohol affects the body

Brain

Alcohol acts a depressant on the brain, the control centre of the body. It can make the drinker feel happy for a little while, but that's followed by a depressing low. Long-term drinking can kill off brain cells and lead to memory loss and mental problems.

Head

After a few drinks, it can be easy for someone to lose their head. They may feel more relaxed, emotional and uninhibited, but they also lose control. Their judgement is affected too. They might make a fool of themselves, get into trouble, cause an accident or do something they regret later. Every year, 22% of accidental deaths are alcohol related. Alcohol draws water out of the brain. So, as the body starts to metabolise the alcohol, the drinker may feel dizzy and be in for a throbbing headache if they drink too much.

Heart

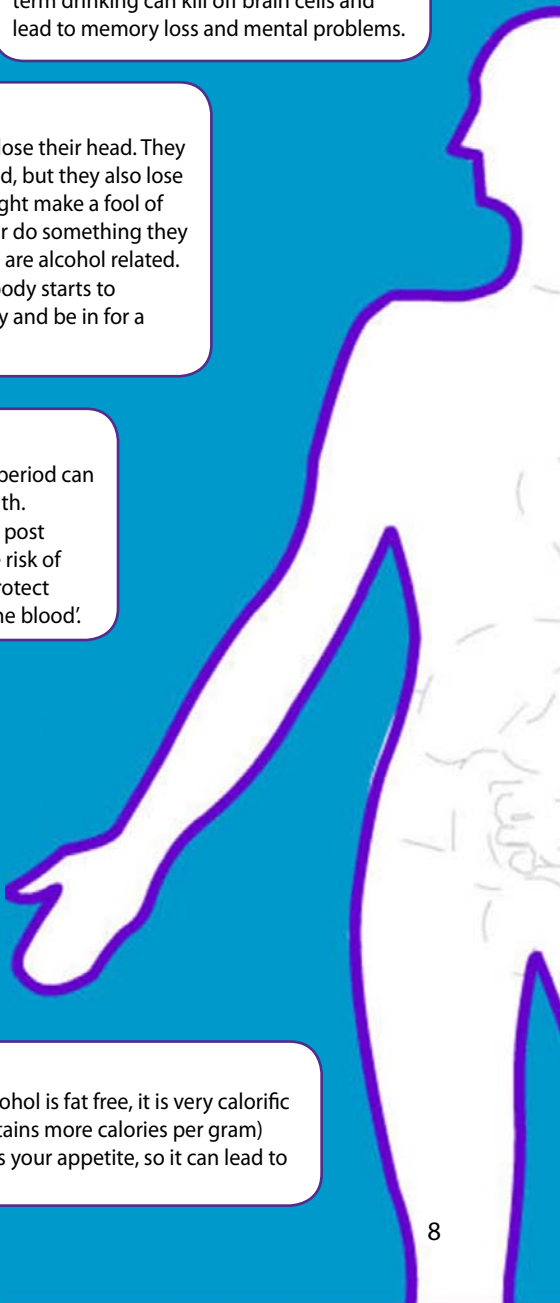
Drinking large quantities of alcohol over a short period can cause irregular heart beats and shortness of breath. The government guidelines also suggest that for post menopause women and men over 40 when the risk of heart disease is highest, a daily drink can help protect against cardiovascular disease as alcohol 'thins the blood'.

Reproductive organs

Drinking alcohol can affect performance in the bedroom because the drinker's not fully in control of their body. Alcohol affects judgement too, so people may have unsafe sex or sex they later regret. In women, excessive drinking may delay menstruation and affect fertility. As alcohol crosses the placenta to a foetus you should not drink if you are pregnant.

Waist

Although alcohol is fat free, it is very calorific (only fat contains more calories per gram) and increases your appetite, so it can lead to weight gain.





Skin

Too much alcohol dehydrates the body, which is bad news for the skin and complexion. It also dilates the blood vessels under the surface of the skin, leading to ugly veins on the nose and cheeks.

Eyes

Alcohol dilates blood vessels in the eyes, so they can look red and 'bloodshot'. It also affects the signals sent from the eyes to the brain - vision becomes blurred, and distances and speeds get harder to judge. Many road accidents involve drivers or pedestrians who have alcohol in their blood. Too much alcohol also suppresses REM (Rapid Eye Movement) sleep. It's the most important phase of sleep so drinking can ruin the chance of a good night's rest.

Gut

Alcohol is absorbed from the stomach into the bloodstream. Your body's ability to process alcohol depends on various things, like your age, weight and sex. Your body breaks down alcohol at a rate of roughly one standard drink per hour. Because it takes time for your body to break down alcohol, drinking more than one unit of alcohol an hour will build up your blood alcohol concentration (BAC) and it may be many hours before you are safe to drive. After a night of heavy drinking you risk being over the drink drive limit the next morning.

Liver

The liver breaks down most of the alcohol a person drinks. (The rest leaves the body in breath, urine and sweat.) But it can only break down about 1 unit (8g) of alcohol an hour in an average adult. More than that, and it stops working properly. If the body can't cope with all the alcohol in its system, the person falls into an alcoholic coma (which can be fatal). Long-term heavy drinking kills off liver cells, leading to a disease called 'cirrhosis'. It's a 'silent' disease - symptoms may not be noticeable until the disease is advanced. Long-term excessive drinking can also lead to liver cancer.

Armpits

Alcohol is also excreted as smelly body odour and bad breath - not great for attracting the opposite sex.

For more information, please visit

<http://www.drinkingandyou.com/site/uk/health/effects.htm>



The law and underage drinking

It is important to be aware of guidelines, facts and the law about alcohol in the UK.

Under 5? It is illegal to give alcohol to under 5s.

Under 16? With the new licensing law, it is now at the landlord's discretion as to whether children are allowed anywhere in a pub. They cannot of course, buy or drink alcohol on the premises.

Under 18? If you are under 18, it is illegal to buy alcohol (this includes any shop or supermarket, off licenses, bars, clubs or restaurants and buying on line). It is illegal to buy alcohol for someone under 18 in a licensed premises, the only exception is for 16 or 17 year olds who are allowed to drink beer, wine or cider with food if with an adult (but they may not buy the alcohol themselves, except in Scotland).

It is legal for anyone over 5 to drink alcohol. The restrictions apply to purchasing (under 18) and location - in licensed premises or in alcohol exclusion zones.

Police have powers to confiscate alcohol from under 18's drinking in public spaces (e.g. in the street or in parks).

Drinking and driving

It's against the law to drive with more than 80mg (milligrams) alcohol per 100ml (millilitres) of blood. If you break the law, you face a fine of up to £5000, six months in prison and having your licence taken away for at least a year. Causing death through drink-driving can result in a maximum prison sentence of 14 years and a two-year driving ban.

Can I let my kids drink at home?

Some parents allow their children to try a little alcohol with them on special occasions; others prefer not to. There is some evidence that shows drinking at an earlier age increases the possibility of alcohol-related harm later on, but other studies show young people introduced to drinking moderately in the home, with good parental role models are less likely to binge and more likely to develop moderate drinking habits.

The Chief Medical Officer recommends that parents should not allow their children to drink alcohol at home under the age of 15.



CMO Guidance :

(1) Children and their parents and carers are advised that an alcohol-free childhood is the healthiest and best option. However, if children drink alcohol, it should not be until at least the age of 15 years.

(2) If young people aged 15 to 17 years consume alcohol it should always be with the guidance of a parent or carer or in a supervised environment.

(3) Parent and young people should be aware that drinking, even at age 15 or older, can be hazardous to health and that not drinking is the healthiest option for young people.

If 15 to 17 year olds do consume alcohol they should do so infrequently and certainly on no more than one day a week. Young people aged 15 to 17 years should never exceed recommended.

Whatever you decide, stick to your guns and make sure your child understands why it can be dangerous for young people to drink. Be prepared to say NO if you are uncomfortable with party situations and lay down ground rules. Children should also know that there are laws restricting the age at which you can buy and drink alcohol.

With older children, you need to aim for a balance: warning them of the dangers and making them aware of the laws; but also saying that they can enjoy moderate social drinking when they're adults if they choose to.

The important thing is to focus on the facts, and to give your child the knowledge and skills to avoid the dangers associated with alcohol.

Keep talking as they get older

Stress and peer pressure

Understand the pressures they're facing from peers and wanting to fit in. Don't fly off the handle if you discover they've been drinking, talk it through and explain the risks they are taking. It's important to understand why they want to drink – reasons teenagers give for drinking include increasing their confidence and enjoyment in social situations, getting a buzz and having something to do, being able to forget their problems, helping them fit in, to gain respect or enhance their image. Have a look at the teenage guide for ideas to support them.

Make them feel respected

It may seem obvious, but letting your child know they're respected often gets overlooked in busy lives. Your child's opinions matter, and they should feel that they can express their views in a supportive environment. Let them know in good time of any changes that will affect them, and let them know you're proud of them too. If their friends get into trouble and your child wasn't involved, say how proud you are that they acted so maturely.

Set limits

It's important that children know the ground rules, and the consequences of not sticking to them. They will test them, so don't make threats you're not prepared to carry out. An effective 'punishment' is to remove privileges – such as grounding them for while, stopping their allowance, cancelling having friends over, etc. But don't forget to praise them when they do the right thing. Giving reasons for the rules helps children to stick to them and develops a sense of responsibility. Knowing who they're with and when they'll be back is important for their safety, and not just your sanity.

Trust them

Trusting your child means they'll feel they can tell you the truth (especially about unacceptable or risky things), and you won't get angry or judge them. Being willing to listen to their side of the story, and talking through the other options, will help them to make sensible choices in the future.

Trust is essential to open and honest communication. If your child feels safe discussing difficult issues with you, then they'll talk to you when they need to and listen to what you have to say.

Remember, you are key – through example, knowing where your kids are and who they are with, sticking to rules you agree to and controlling monetary allowances you can help ensure that your children become responsible young adults.



Parents' fact file

Facts that might get your kids to think about their drinking

It's no good just telling children that excess drinking is harmful to their health, you believe you're infallible as a kid, - wait for that familiar rolling of eyes, and 'well you drink Mum, don't you?' Or if you don't drink, it's that 'well, what would you understand about it?'

What's proving far more effective is to focus on what could happen to them now, if things get out of hand and giving them the tools to get of a tricky situation and what to do if things go wrong.

FACT 1 - You're the tops

According to the 2007 GfK Roper Youth Report, 71% of children ages 8 to 17 cite their parents as the No. 1 influence on whether they drink alcohol. The most recent survey by the YMCA in 2008 found that parents were important influences

but that they weren't seen by most teenagers as good role models, or set ground rules that they stuck to. Only 21% said their parents or other adults they knew provided a model of responsible behaviour. While 55% of young people say that their school provides clear rules and boundaries, and their behaviour is monitored in the community by neighbours and others, barely a quarter (27%) say they have to abide by clear rules and consequences in their family, or that their parents keep track of where they are.

Know where they are and who they're with

Research clearly shows that if parental monitoring is in place – that is knowing where your kids are, and who they're with, means they are much less likely to begin using drugs or alcohol at an early age.

FACT 2 - A large majority of teenagers DON'T regularly go out and get drunk, or drink heavily

The first thing to remember is that in spite of the acres of headlines out there condemning 'booze Britain' and 'ladettes' – most teenagers do not go out to get drunk: In fact, the majority of school-going children across Europe have never had a whole drink!

The number of teenagers under 15 years experimenting with alcohol is falling in the UK.

Underage drinking is down from 26% of 11-15 year olds in 2001 to 18% in 2008 in England – so 82% don't drink regularly or to excess and the numbers of 11-15 year olds who have never drunk alcohol has increased: From 40% in 2000 to 46% in 2007.

Among 16-24 year olds, 27% of men and 21% of women reported binge-drinking in 2006, down from 36% and 26% in 2001.

That means an overwhelming majority of young people (73% of men and 79% of women) go out to enjoy themselves and socialise, not to get drunk.



FACT 3 - 'The Tipping Point'

Just 3% of 11 year olds think it is okay to try getting drunk or be drunk weekly – however, this rises to 48% of 15 year olds, with 32% thinking it's okay to get drunk once a week (The Information Centre, 2005).

This is why it is so important that you talk about drinking, its effects and potential consequences in a balanced way before the age of 13. A study in 2008 by Positive Futures of 1,250 of 10-19 year olds living in deprived communities found that age 13 was a "tipping point" with 42% of respondents beginning to drink alcohol by 13.

FACT 4 - Don't send them underground

Having open and frank dialogue with your kids is hugely important. Secret drinking with friends away from home does happen. Streets and local parks were the most usual drinking place for 32% of 10 to 19 year olds (Talbot and Crabbe, 2008), so it's important to know where your kids are, and who they're with – and what time you expect them home.



FACT 5 - What happens to teenagers who get drunk

Teenagers are far more likely to be involved in an accident, a violent incident or get in trouble with the police after drinking, affecting their chances of a good career if they end up with a criminal record or losing their licence through letting things get out of hand.

If a teenager drinks before they are 15 they are:

- 7 times more likely to be in a car crash because of drinking, and
- 11 times more likely to suffer unintentional injuries after drinking.

Even drinking to get drunk occasionally can have serious consequences as it increases risky behaviour. Teenagers who get drunk are far more likely to:

- injure themselves or someone else – even accidentally
- engage in unsafe sex, which could result in sexually transmitted infections and unplanned pregnancies,
- be robbed – especially of cash, ipods and mobile phones
- end up going home with a stranger on their own
- get in a fight, an argument or relationship problems
- get into trouble with the police and end up with a criminal record.

So encourage your kids to look out for each other, always plan how they are going to get home before going out and to keep enough money aside in case of emergencies.

Perfect parents

So, how can you make sure you don't drink too much?

The place where your children are most likely to absorb what you're up to is at home – and it's where we do most of our relaxation, socialising and drinking. It's often all too easy for the drinks to add up without you realising – these tips might help ensure you drink sensibly when you're at home or with friends and be good role models.

Units and mixing

The amount of alcohol in drinks can be confusing, so keep an eye on how many units are in your drink. Many drinks carry unit icons on the packaging or back labels to help you keep a tab on your intake. To give you an idea, a glass of wine can contain anything from 1.5 units (a small glass of sparkling wine at 11%) to nearly 4 units for a 250ml glass at 13.5%. A double vodka or whisky will contain 2 units, but home pours of spirits are usually more generous and you could be drinking much more than you realised.



Pace yourself

Try alternating alcohol drinks with soft drinks - you'll stay more hydrated and give your liver a chance to break down the alcohol. Watch out for 'top ups' too – you can kid yourself that you're still on the same drink – empty your glass first before having another drink, so you can keep more of a tally on your intake.

A bite to eat

If possible, try and drink with food, or eat before you out. Alcohol has much more of an effect on an empty stomach and you tend to drink faster.

Having friends over

If you're mixing your own drinks, make sure they're not too strong – home pours are usually much larger and glasses bigger too. Use plenty of ice and fruit in drinks or use exotic mixers. If guests are mixing their own have a spirits measure to hand. Check back labels to choose drinks with lower alcohol content and there are some delicious recipes for non-alcoholic alternatives too.

Make sure your nibbles and snacks are substantial, watch out for salty snacks too as they make you want to drink more!

Offer water and imaginative low alcohol or soft drinks, especially if your friends are driving home. If you're worried a guest has drunk too much, make sure they can get home safely – have the number of a reliable cab firm to hand – arrange for someone to take them home, or offer them a bed for night if needed.



How to recognise if your child is secretly drinking

Look out for

- abrupt mood swings for no apparent or good reason
- skipping classes, or just not going in to school
- frequent lateness
- money disappearing from your purse/ wallet
- disappearing to their room the moment they come in for the day
- significant change in school performance
- restlessness or tiredness
- smelling of alcohol
- suddenly using breath mints or brushing teeth regularly
- wanting to stay over in friends' houses, especially after parties
- becoming very secretive (more so than usual).

If you're worried about dependency and alcohol problems, the following sites could help:

ADFAM

Provides information and advice for families of alcohol and drug users. The website has a list of local family support services.

Tel: 0207 553 7640

www.adfam.org.uk

Drinkline

If you're worried about your own or someone else's drinking, you can call this free helpline, in complete confidence. They can put you in touch with your local alcohol advice centre for help and advice. Tel: 0800 917 8282 (24 hours a day helpline)

Parentline Plus

Offers support and information for anyone parenting a child, and runs parenting courses.

Tel: 0808 800 2222

www.parentlineplus.org.uk

Useful websites

For teenagers:

Talkabout alcohol - www.talkaboutalcohol.com

The Site – www.thesite.org

Need 2 Know – www.need2know.co.uk

Talk to Frank – www.talktofrank.com

Young Minds – www.youngminds.org.uk

The Department for Children, Schools and Families has commissioned some interesting web-based materials to share with teenagers:

<http://whyletdrinkdecide.direct.gov.uk>

<http://whyletdrinkdecide.direct.gov.uk/p1/videos/alcohol-its-no-joke/>

For more information on drinking guidelines and being a good parent you will find plenty of good advice via:

Talk about alcohol

This website has advice on how to talk to your kids, a quiz to check you're alcohol aware, a section for your children to play games and quizzes and resources for teachers.

www.talkaboutalcohol.com

Drink Aware

Website and responsible drinking materials for adult consumers, offering general information and advice about alcohol issues, including a drinks 'unit calculator'.

www.drinkaware.co.uk

Drinking and you

A website linking to all responsible drinking websites for consumers all over the world, giving information on drink drive laws, legal drinking age and sensible drinking guidelines for the UK and Internationally.

www.drinkingandyou.com

Know Your Limits

A website and information campaign for consumers on responsible drinking coordinated by The Department of Health and the NHS For more information.

www.knowyourlimits.org

If you have any feedback or comments regarding this guide or the web materials via www.talkaboutalcohol.com or www.drinkingandyou.com, or if you would like to join the mailing list for updates and new resources, please email

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