

# Facts about Alateen

## Purposes of Alateen

Young People Come Together To:

- ♦ share experience, strength and hope with each other
- ♦ discuss their difficulties
- ♦ learn effective ways to cope with their problems
- ♦ encourage one another
- ♦ help each other understand the principles of the Al-Anon program

## Alateen Members Learn

- ♦ compulsive drinking is a disease
- ♦ they can detach themselves emotionally from the drinker's problems while continuing to love the person
- ♦ they are not the cause of anyone else's drinking or behavior
- ♦ they cannot change or control anyone but themselves
- ♦ they have spiritual and intellectual resources with which to develop their own potentials, no matter what happens at home
- ♦ they can build satisfying and rewarding life experiences for themselves

## Sponsorship

Every Alateen group needs Al-Anon Sponsors who are a minimum of 21 years old, currently attending Al-Anon meetings, are active members of Al-Anon for at least two years in addition to any time spent in Alateen, and meet their area requirements. Sponsors are an active part of the group, guiding, and sharing knowledge of our Twelve Steps and Traditions. Members of Alateen can also choose to have a personal sponsor, who can be another member of Alateen.

## Where Alateens Meet

Alateen members meet in church halls, school rooms or other suitable places (many times in the same building as an Al-Anon group, but in a separate room.)

## Alateen Literature

Members are encouraged to read Al-Anon and Alateen Conference Approved Literature and materials. Written from members' personal sharings, these recovery tools can help them deal with their problems.

## The Twelve Steps

The Al-Anon/Alateen program is based on the following Twelve Steps which members discuss and apply to their own attitudes and relationships with others. This can help the Alateen member develop strength to deal with problems maturely and realistically.

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of *God as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to *God*, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have *God* remove all these defects of character.
7. Humbly asked *Him* to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with *God as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.

## AL-ANON FAMILY GROUPS

hope for families and friends of alcoholics

## Alateen is:

... a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

## The Twelve Traditions of Alateen

Our experience suggests that the unity of the Alateen Groups depends upon our adherence to these Traditions:

1. Our common welfare should come first; personal progress for the greatest number depends upon unity.
2. For our group purpose there is but one authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants—they do not govern.
3. The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon Family group, provided that as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend.
4. Each group should be autonomous, except in matters affecting another group or Al-Anon or AA as a whole.
5. Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.
6. Our Family Groups ought never endorse, finance or lend our name to any outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim. Although a separate entity, we should always co-operate with Alcoholics Anonymous.
7. Every group ought to be fully self-supporting, declining outside contributions.
8. Al-Anon Twelfth Step work should remain forever non-professional, but our service centers may employ special workers.
9. Our groups, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. The Al-Anon Family Groups have no opinion on outside issues; hence our name ought never be drawn into public controversy.

11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, and TV. We need guard with special care the anonymity of all AA members.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.

## Referral Or Information

To contact the nearest Al-Anon or Alateen Group, call the local Al-Anon information service listed in your phone book, or 1-888-41Al-Anon for the United States and Canada. Or write:

Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
Phone: (757) 563-1600  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

Alateen, part of the Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or close friend. We help each other by sharing our experience, strength and hope.

We believe alcoholism is a family disease because it affects all the members emotionally and sometimes physically. Although we can not change or control our parents, we can detach from their problems while continuing to love them.

We do not discuss religion or become involved with any outside organizations. Our sole topic is the solution of our problems. We are always careful to protect each other's anonymity as well as that of all Al-Anon and AA members.

By applying the Twelve Steps to ourselves, we begin to grow mentally, emotionally and spiritually. We will always be grateful to Alateen for giving us a wonderful, healthy program to live by and enjoy.

*Alateen Suggested Preamble to the Twelve Steps*

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Al-Anon/Alateen is supported by members' voluntary contributions and from the sale of our Conference Approved Literature.

This pamphlet is also available in: Dutch, Flemish, French, German, Icelandic, Italian, Portuguese, Spanish, and Swedish.

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