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| I had a word with a father of two, who is clearly struggling. We have to queue for a piece of bread, we go to sleep hungry. We have run out of money. I have got 25 euros left, but I have spent the rest. Back on the tracks, the refugees eventually withdrew, and the goods train was allowed to pass. But they promise to return if they cannot continue their journey to the North.  Underage drinking is a worry for many parents, but new research suggests one in seven 11-year-olds in the UK has already had their first drink. According to the study, nearly 14 percent of 11-year-olds have had more than a few sips of alcohol at least once. If a child's mother is a heavy drinker, they're 80% more likely to drink than children whose mothers don't drink. Children with friends who drank were five times more likely to drink than those whose friends did not. James Morris is Editor of Alcohol Policy UK and joins us from our Central London studio. Good morning. Are you worried by these statistics? 14% of 11 -year-olds have had one or more sips of alcohol on one or more occasion? The findings are consistent with previous studies. Similar figures have been shown before. Certainly there is cause for concern. We know that the medical evidence is that an alcohol free childhood is best. Any amount of alcohol is advised as being harmful to an adolescent rain. The chief medical officer in 2009 recommended any child under the age of 15 should not have alcohol at all, because of potentially damaging effects particularly likely to expose the rain to alcohol problems later in life. So we would encourage the message that an alcohol free childhood is best. If 14% of 11 -year-olds are having an alcoholic drink, more than just a sip, then that is certainly a cause for concern. The older a child is, the more likely they are to have had alcohol. It starts at around 14, by the time children reach about 15, about 40% have had at least one alcoholic drink. And we know that they are getting hold of the alcohol, does evidence suggest whether they are being given these drinks by parents or they are getting hold of alcohol independently? There is evidence that suggests most young children to obtain alcohol from their parents. It may not necessarily be with their consent, they may know where alcohol is kept and help themselves when parents are looking. But some parents to give children alcohol. There is an argument that, if we can teach children to use alcohol responsibly, that is better than children drinking in an unsupervised environment. There is evidence that children who drink out of supervision are much more likely to drink heavily and experience a whole range of other problems, including personal safety, risk of attack. Would many parents want to be the first to introduce their children to alcohol? Would they be predisposing them to a sensible relationship with alcohol? In France, for example, children are given watered-down wine. Are we seeing problems they are? You have to balance the kind of medical or physiological impacts on the rain from exposing it to any amount of alcohol, with the way in which we learn to see alcohol, especially in a more Mediterranean approach. In Britain, we do have a problem with alcohol being seen as something that is not part of a meal but rather a way of letting go or binge drinking, if you like. So, of course there is an argument for supervised alcohol consumption, but we need to be mindful of the fact that alcohol is a potentially dangerous and addictive drug. There is clear evidence that the earlier a person starts drinking or is exposed to an addictive substance, the more likely they are to develop a problem with that Stubbs and in later life. So you have to balance the idea with the idea with teaching a person responsible use with the physiological effects of and addictive drug -- substance.  Still to come in the sport, Charlie? A new women's football tournament, we will show you how England got on. Also, this. PIANO INTRO DRAMATIC CRESCENDO La vie est belle. La vie est belle, or scrubbing, kills 99.99% of bacteria, using nothing but tap water and the deep-cleaning power of steam. The Karcher steam cleaner. RATTLING Cats would do anything Crunchy on the outside, (drawls) This Mother's Day, achieve lazy. Zero effort. That's Tristan. Some people know him as Crusher. But he'll always to his Mummy-Wummy. That's why he's taken time off from being a tough guy to buy a Mother's Day bouquet from Aldi. Oh, dear. Looks like Crusher has got something in his eye. Mother's Day flowers. # I'm wide awake # For my busy day ahead # After a great night's sleep in a comfy king-size bed is a revelation! # Big beds # This place has it all # Locations! (all) # That's Trave-lodg-i-cal! Book early at travelodge.co.uk All the sport now, and the very latest on the women's football. England's women footballers have lost their opening match in the inaugural She Believes Cup, which is played between the world's top four sides. Taking on World Champions USA, England lost 1-0 in Florida. Crystal Dunn with the only goal. Next for England, it's Germany on Sunday in the six match competition. They won their opening game 1-0 against France. Anna Blasse with the winner. Hull boss Steve Bruce admits his side have handed their title rivals the advantage after missing out on the chance to go top of the championship. They lost 1-0 at his former club Birmingham. Jon Toral with the only goal. Birmingham are now seventh, a point off the play offs. Barcelona set a new Spanish record of going 35 matches unbeaten in all competitions after a 5-1 win at Rayo Vallencano. Lionel Messi got a hat trick in the win which takes Barcelona eight points clear at the top of La Liga. Laura Trott says she's "over the moon" after winning Britian's first gold at the Track Cycling World Championships in London. Trott, on the left in white, won the women's scratch race, finishing ahead of the Netherlands' Kirsten Wild and Canada's Stephanie Roorda. That making up for a poor qualifying ride by Britian's women's pursuit team, which means they can only finish third at best today. Elsewhere, Britian's Becky James won bronze in the Keirin. And Sir Bradley Wiggins says he'd "put his house" on team GB winning gold in the men's team pursuit at this year's Olympics. That's despite only managing silver last night. Wiggins, Jon Dibben, Owain Doull and Ed Clancy faded in the final few metres and were pipped to the line by Australia. In rugby's Super League, Warrington produced a dramatic comeback to top the table last night. Trailing 30-12, they came back to beat Salford Red Devils 31-30 thanks to the last kick of the ball. Chris Sandow with a decisive drop goal as Warrington made it four wins from four this season. Rory McIlroy says he's disappointed after his opening round at golf's WGC event in Florida. The world number three is five shots off the lead after finding the water with this tee shot on his last hole which led to a double bogey. | |

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