



Al-Anon and Alateen Family Groups

Together We Share Strength and Hope

Al-Anon Southwest Michigan www.SWMichiganAl-Anon.org | Al-Anon Family Groups World Service Office www.Al-Anon.org

An Open Letter To The Teacher

Dear Teacher,

I think it's time I told you why I have been acting out at school and crying sometimes. I think you know that something is wrong, because you keep asking me, "What's the matter?" The reason I haven't told you before is that I can't talk to you in the hallway with all the other kids staring at me---and until now, I didn't feel like I could talk to anyone.

I'm worried about my schoolwork. I keep getting in trouble for not doing my assignments and not listening in class. Sometimes I am so frightened that I just get mad at everyone. I don't mean to yell; I just feel like everyone is picking on me at home and at school.

You see, my dad has a drinking problem. They call it 'alcoholism'. It means he can't control his drinking. He comes home at night really drunk and yells at all of us. Then my mom yells back at him for being drunk and spending all of the money. Sometimes he hits her, or my sister and me for no reason, just because he is drunk. Sometimes my sister and I are so scared we hide in our rooms.

I used to hate my mom and dad for all that—Mom yelling at Dad and making him even madder, and Dad for his drinking. I don't hate them anymore because I found out why they were like that.

One day a lady came to our home and talked to my mom, and I listened too. She was the one who explained to us what alcoholism is. I learned that my dad was not horrible, just sick. He has a disease called alcoholism. She told us that when there is someone in the house with a drinking problem the whole family gets hurt by that. She also told my mom about Al-Anon, a place where families and friends of alcoholics can go to understand the disease of alcoholism, and how they can stop being too scared and angry.

Now Mom goes to Al-Anon. It works, because now Mom doesn't scream at Dad or us as much anymore. I go to Alateen. That's a place for teenagers affected by someone else's drinking. Now I better understand alcoholism, and it feels good not to be the only one with a problem like mine.

I think that teachers should know about alcoholism, because then they would understand kids like me. If you know of any kids who might have a problem with a family member or friend that is drinking like this, you could let them know where they can find help: Alateen. It really helped me.

Al-Anon and Alateen Family Groups: Are you troubled by someone's drinking? Al-Anon and Alateen are fellowships of relatives and friends of alcoholics who share their experience, strength and hope in order to solve their common problems.

For information or meetings in Southwest Michigan, visit www.SWMichiganAl-Anon.org, call a 24-hour Al-Anon answering service at 269-993-0589, email SWMichiganAlAnon@gmail.com or write Al-Anon, c/o Kalamazoo Alano Club, 933 S. Burdick Street, Kalamazoo, MI 49001.



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Here is the local information for how to contact the Southwest Michigan area Al-Anon and Alateen. The website is www.SWMichiganAl-Anon.org or you may call the 24-hour Al-Anon and Alateen answering service at 269-993-0589 and leave a private message. An Al-Anon member will return your call.

Thanks,

Your Student

Teachers; For more information you can check out Al-Anon Family groups under the teen tab at www.al-anon.alateen.org. There you will find more information.

You can also check out the local website at www.SWMichiganAl-Anon.org or email us at SWMichiganAlAnon@gmail.com.

Thank you, Southwest Michigan Area Al-Anon and Alateen Public Outreach Committee

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