

The Power of Parents

“A child who gets through age 21 without smoking, using illegal drugs or abusing alcohol is virtually certain never to do so.”

Source: (CASA) <http://www.casacolumbia.org/>

Alcohol

- Parents who had clear discussions with children around the risks of substance abuse before the age of 10 had children who were less likely to initiate using drugs early.¹
- Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol.²
- It is illegal to allow minors to possess alcohol or “host” underage drinking parties.
- 53% of teenagers report that they get their alcohol from family and friends.³
- By eighth grade kids see 100,000 ads for alcohol.⁴
- Most underage drinking is in the form of binge drinking.⁵

Parents: Take Action!

83% of youth report parents as the leading influence in their decision not to drink alcohol!⁶

- Talk *early* and *often* with your child
- Set clear expectations
- Sign a contract with your child about who they will contact if they end up at a party and need help
- Be a role model
- Teach kids to choose friends wisely
- Know what’s going on in your child’s life
- Have one more meal together per week as a family
- Join your local coalition

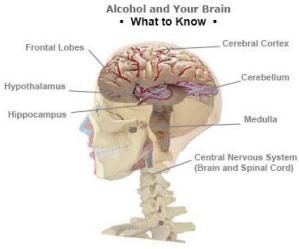


(visit <http://www.communities4action.org> for a listing)

Source: www.ctclearinghouse.org/Topics

1, 2. Hawkins, J.D Graham, J.W., Maguin, E., Abbot, R., Hill and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial factors on subsequent alcohol misuse, *Journal of Studies on Alcohol*, 1997. 3. Partnership for Drug Free America. 4. Myths, Men, and Beer: An Analysis of Beer Commercials on Broadcast Television. AAA Foundation for Traffic Safety, 2007. 5. NIAAA. 6. The Foundation for Advancing Alcohol Responsibility.

Alcohol and the Developing Brain



Teen Brains

- Damage to the brain at this time can be long-term and irreversible!
- Learning and memory more impaired than in adults
- Adolescents can drink half as much as an adult to experience the same negative effects

Source: American Medical Association, Harmful Consequences of Alcohol Use on the Brains of Children, Adolescents, and College, 2007

Frontal Lobes (Not fully developed until mid 20s!)

- Important for planning, making decisions and self control
- Alcohol makes it harder to control emotions and urges
- Long-term alcohol use can damage them forever!

For more information on alcohol and the developing brain, go to:
www.toosmarttostart.samhsa.gov/families/facts/brain.aspx

CT Laws on Alcohol and Minors

Summary	Penalty/Statute
Prohibits possession of alcohol by a minor or the act of being in a position of control on any public or private property	First offense: an infraction Subsequent offenses: fine between \$200 and \$500
Prohibits possession by a minor of liquor in a motor vehicle	Subject to up to a 60 day license suspension
Prohibits anyone from allowing minors to possess alcohol or "host" underage drinking parties	First offense: an infraction Subsequent offenses: fine of up to \$500 or up to one year in jail or both
Prohibits anyone from giving or delivering liquor to a minor	Fine of up to \$1500 or up to 18 months in jail or both

Parent Education Websites

- www.drugfree.org/parent www.settherulesct.org
www.parentfurther.com

If you suspect your child is abusing alcohol, HELP is available

- 2-1-1 Connecticut Info Line: 24/7 phone line www.infoline.org
- SAMHSA National Drug Information Treatment and Referral Hotline: 800-662-HELP (4357) www.dasis3.samhsa.gov

Compliments of Prevention Partnership Committee of

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