



WELCOME!

- As you come in,
 - Introduce yourself to someone you don't know well and tell them something WONDERFUL about your child
 - Tell them why you came to this session tonight.



Teens, Alcohol and Reality

A Discussion for Parents about How We Can Help Teens Make Responsible Choices

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Discussion

- With the people around you discuss your reactions to *Under the Influence*.



SAAS Students Respond:

- 1) **A lot of/ all/ rebellious/ many/ normal/ most** teenagers drink alcohol.
- 2) **Alcohol and weed** are the most popular drugs amongst teenagers in our community.
- 3) **Coke, E, shrooms, prescriptions/ glue/ pills/ acid** are all of the other drugs we have heard of our peers using.
- 4) The common idea amongst our peers is that drinking alcohol is **fun/ acceptable/ regular/ normal/ common/ cool**
- 5) Most teenagers in our community get their alcohol from **mini marts/ older students/ friends and parents/ stores/ 21 year olds...duh/ adults/ siblings**
- 6) Parents in our community **sometimes/ regularly/ hella/ often/ actively** drink alcohol.



Reflection

At what age do you think it's appropriate for your child to:

- Drink alcohol?
- Get drunk?
- Use marijuana?
- Go steady?
- Have sex with someone?
- Drive unaccompanied?

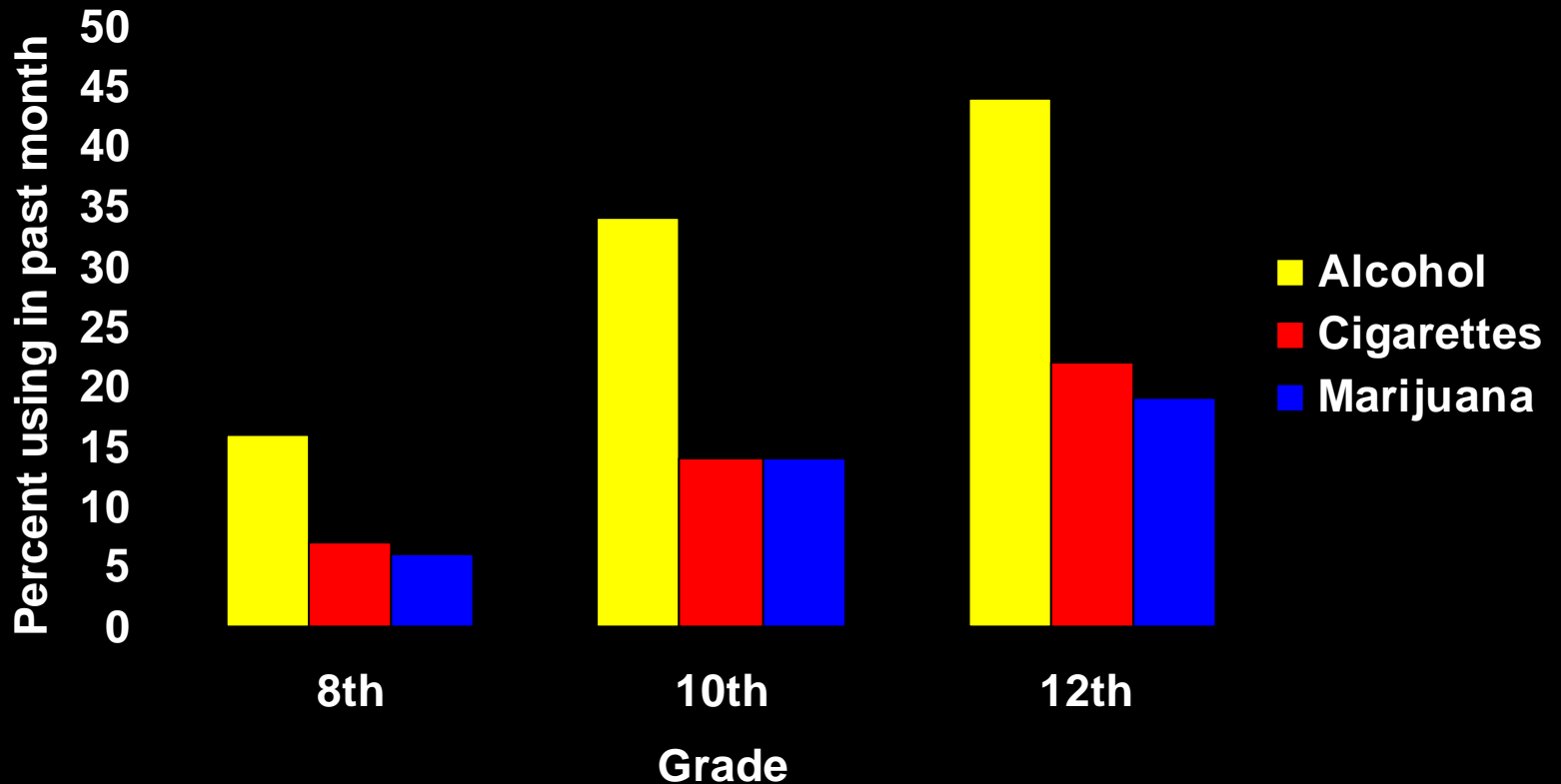


Three important questions to consider:

1. What are teens are telling us about alcohol use?
2. How does alcohol impact teens differently than adults?
3. What can you do as a parent?



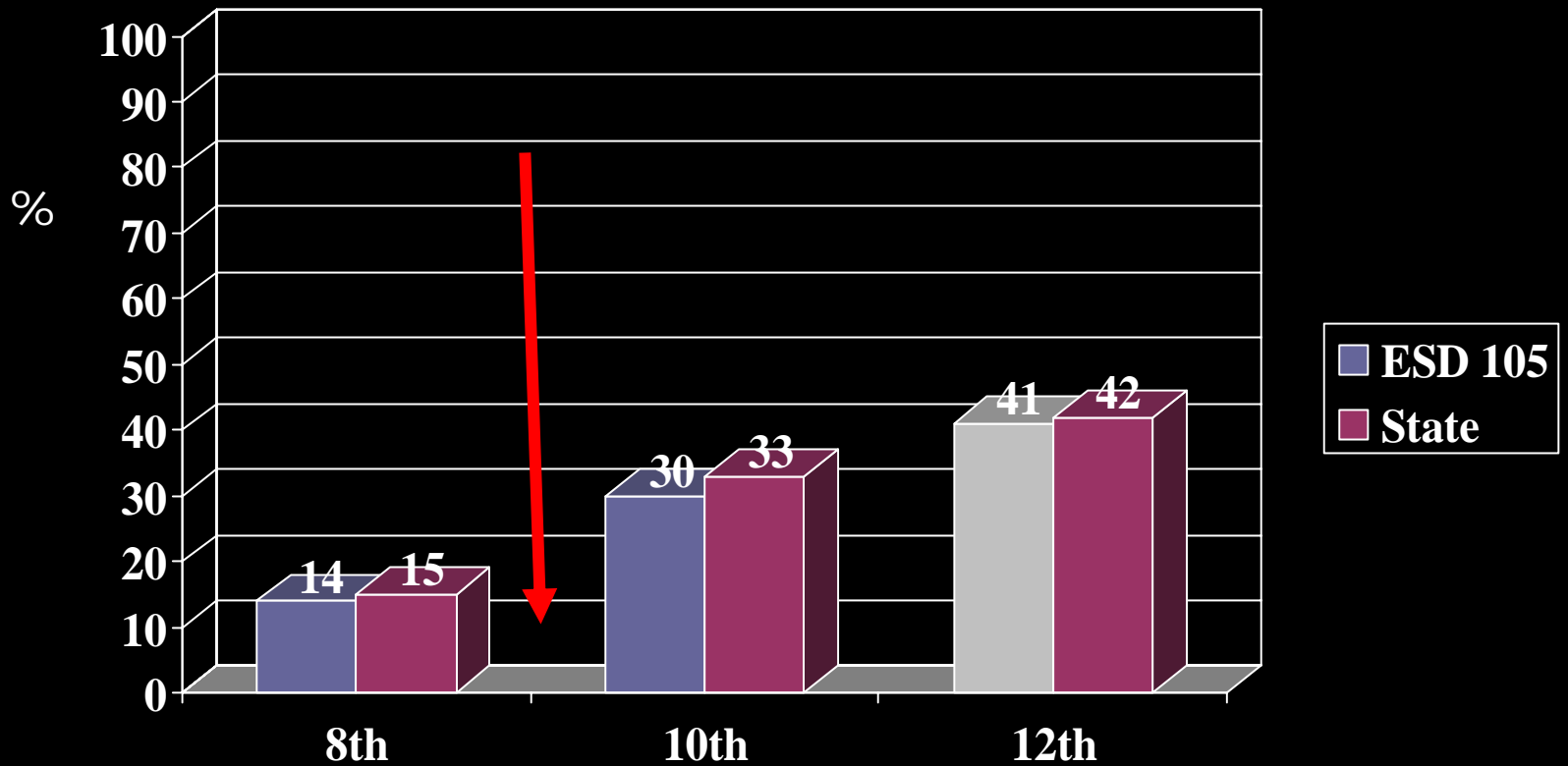
Alcohol is the Most Commonly Used Drug Among 8th -12th graders





Recent Alcohol Use

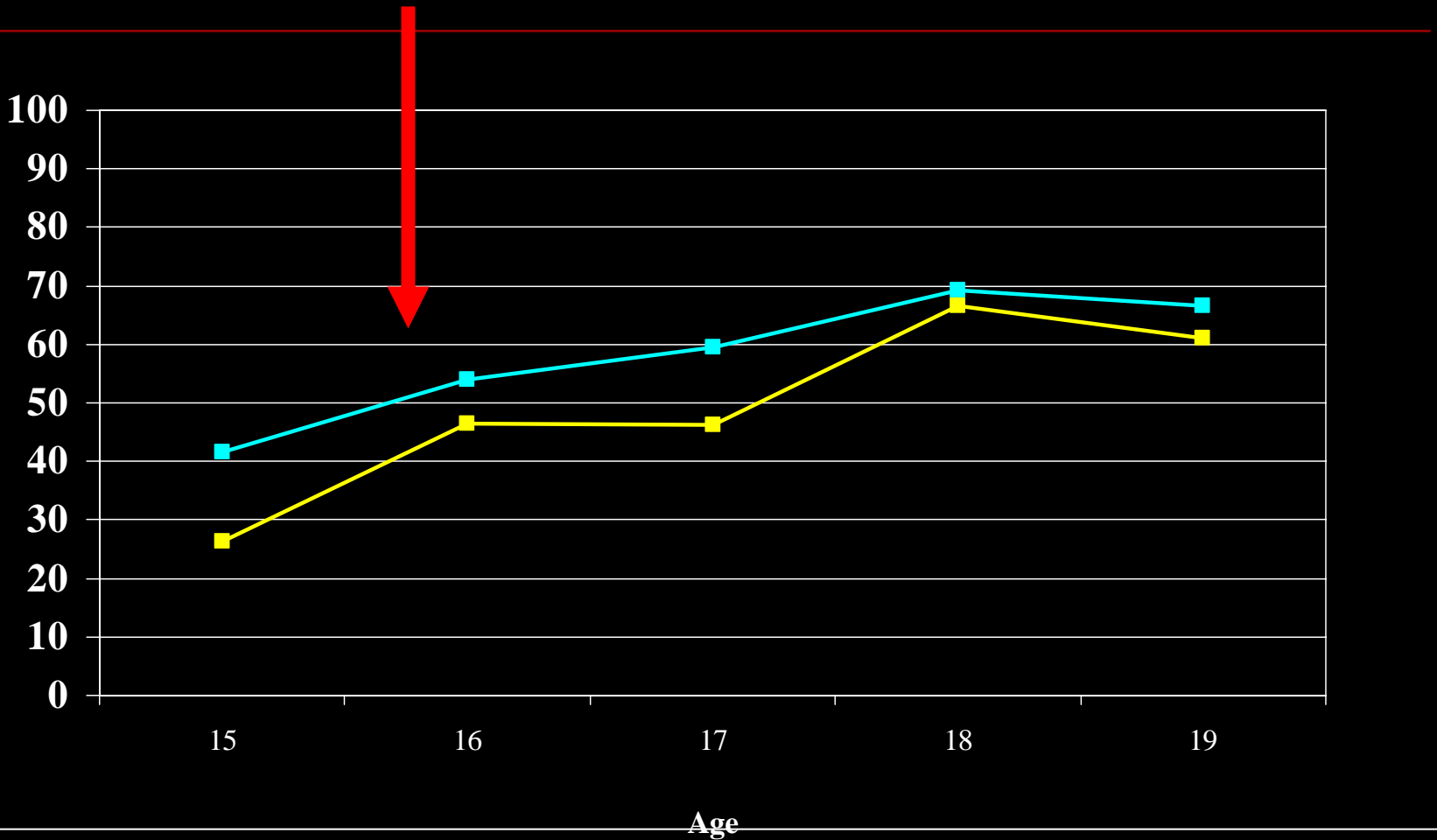
Past 30 days





Alcohol Use Among High School Students

Which is higher? Boys or Girls?



% Who Used Alcohol in Last Year

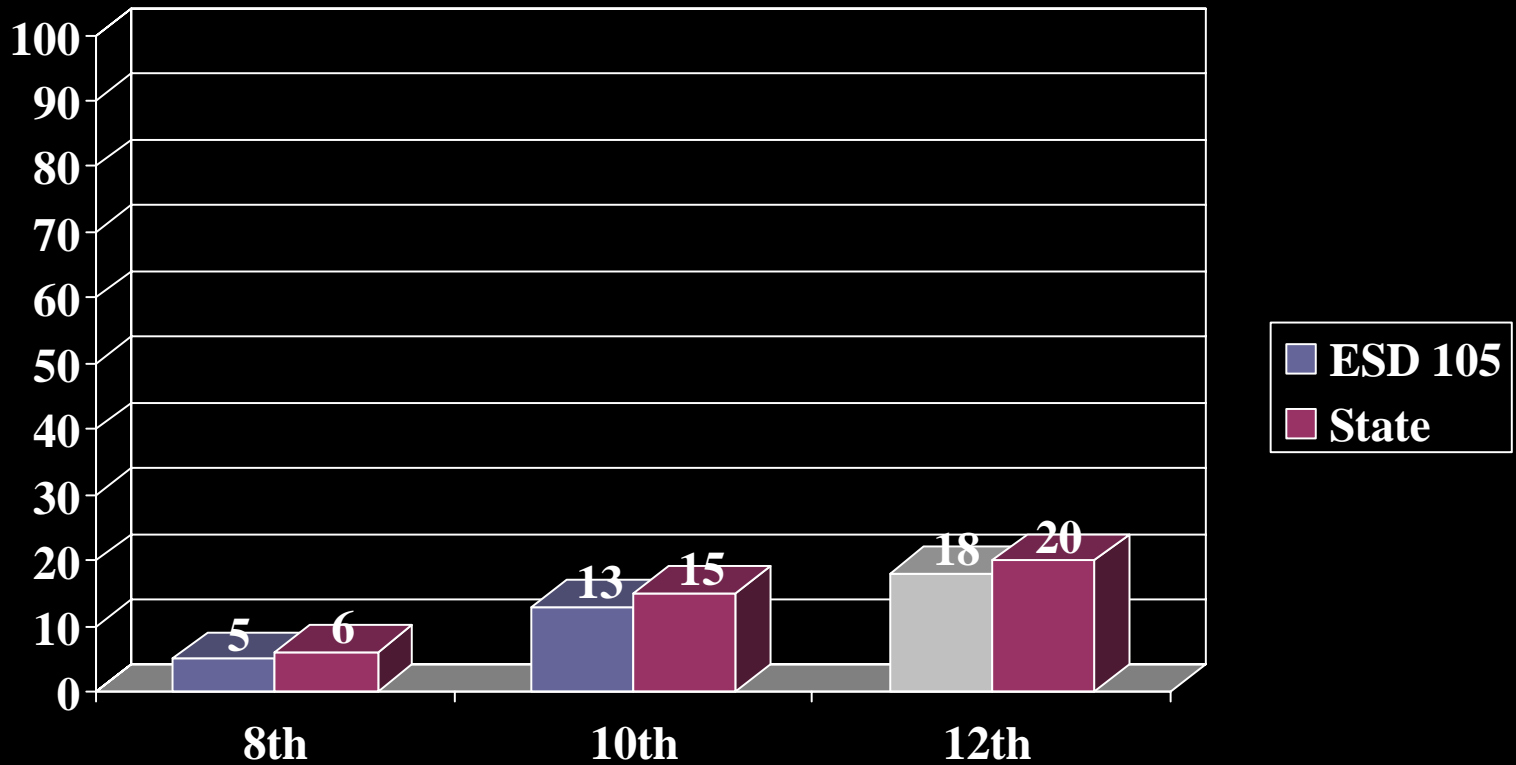
Gateway Drug Progression





Recent Cigarette Use

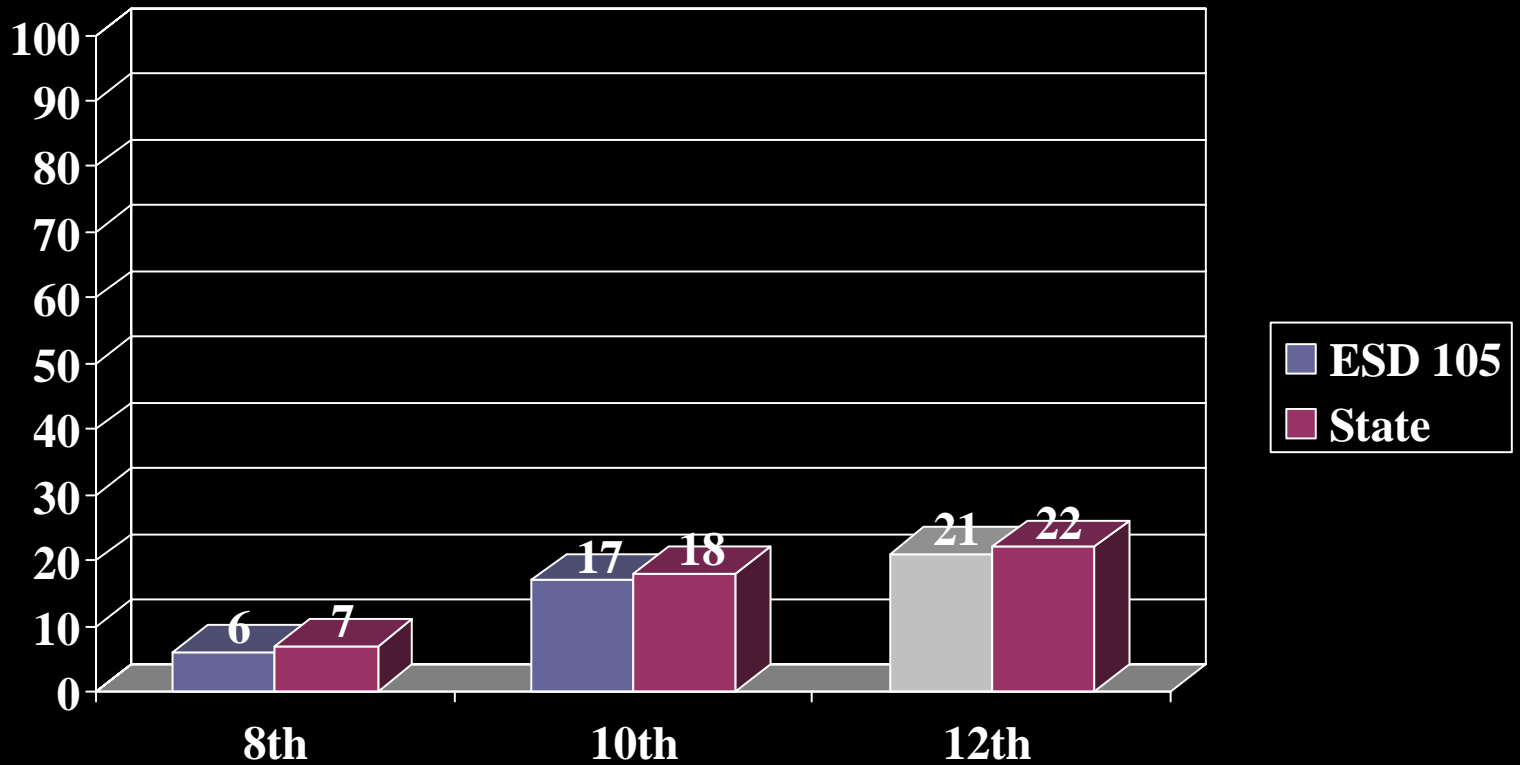
Past 30 days





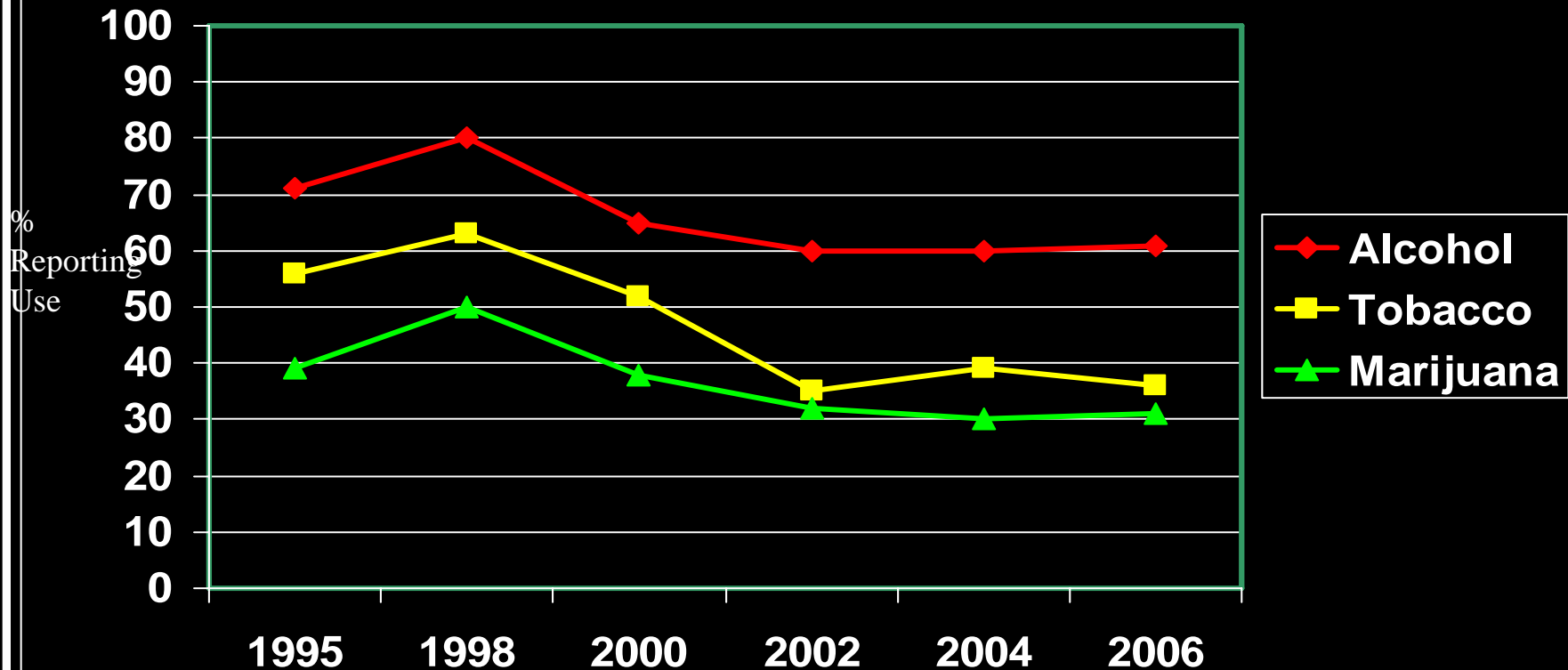
Recent Marijuana Use

Past 30 days





State Trends in 10th grade use, 1995-2006—ever use

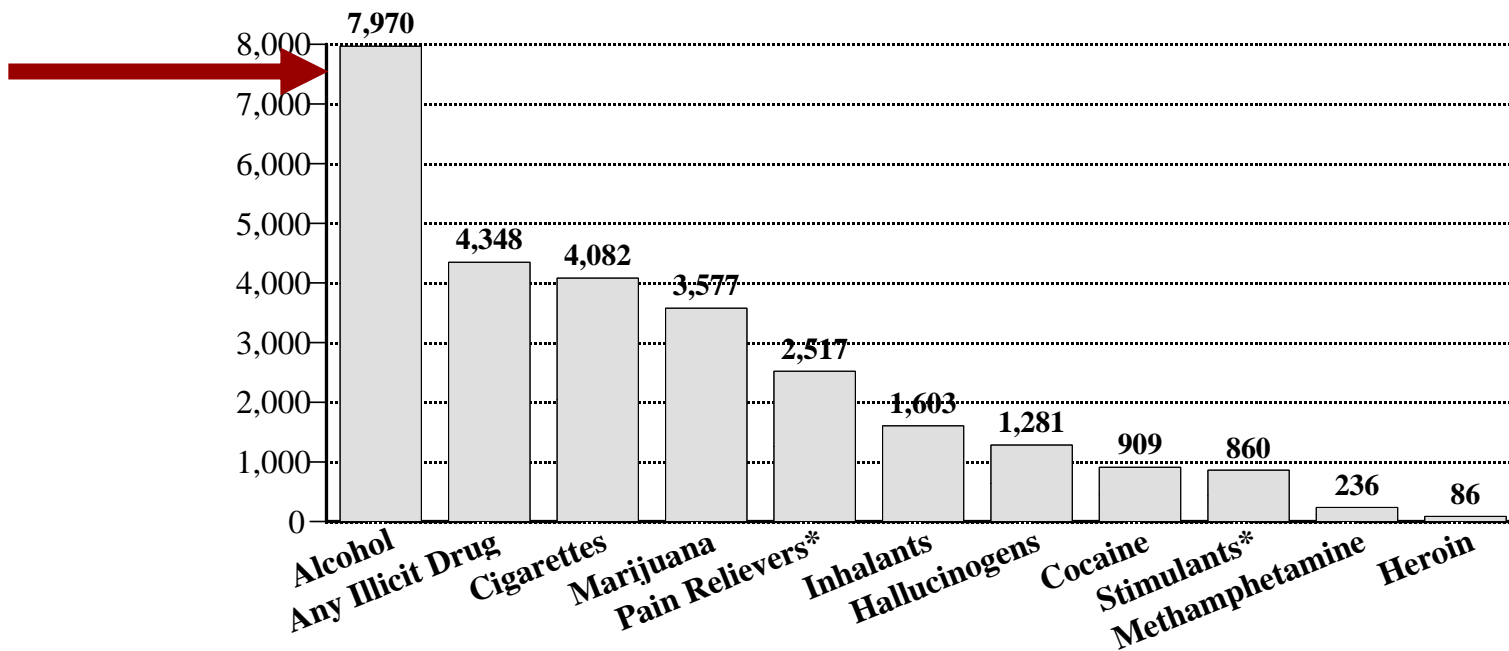


Wa St. Survey of Health Behaviors, 1995

Health Behavior Survey, 2002/2006

New Users

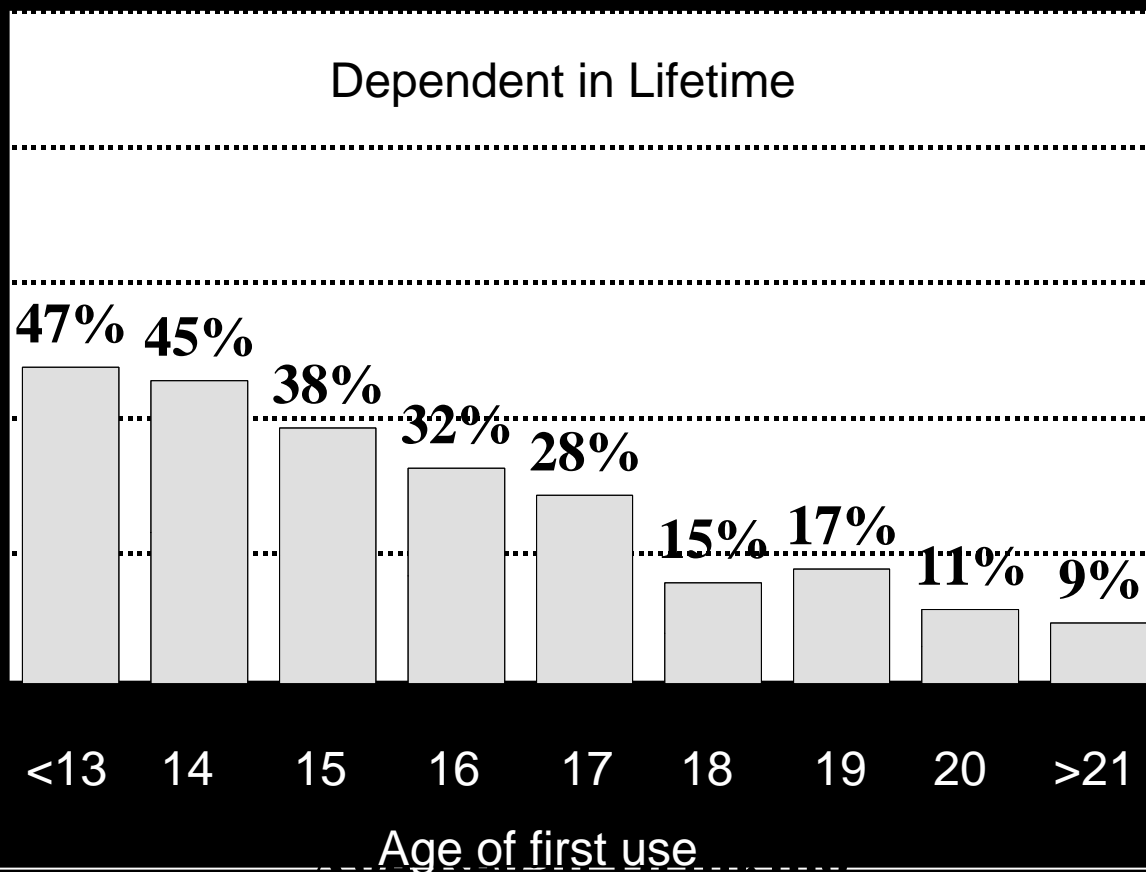
Number of U.S. Youths Ages 12 to 17 Who Used Substances for the First Time on an Average Day, 2006



Substance Abuse and Mental Health Services Administration, Office of Applied Studies, "A Day in the Life of American Adolescents: Substance Use Facts," *The OAS Report*, October 18, 2007



Percentage of U.S. Adults Aged 18 and Older Dependent on Alcohol, By Age of Drinking Onset



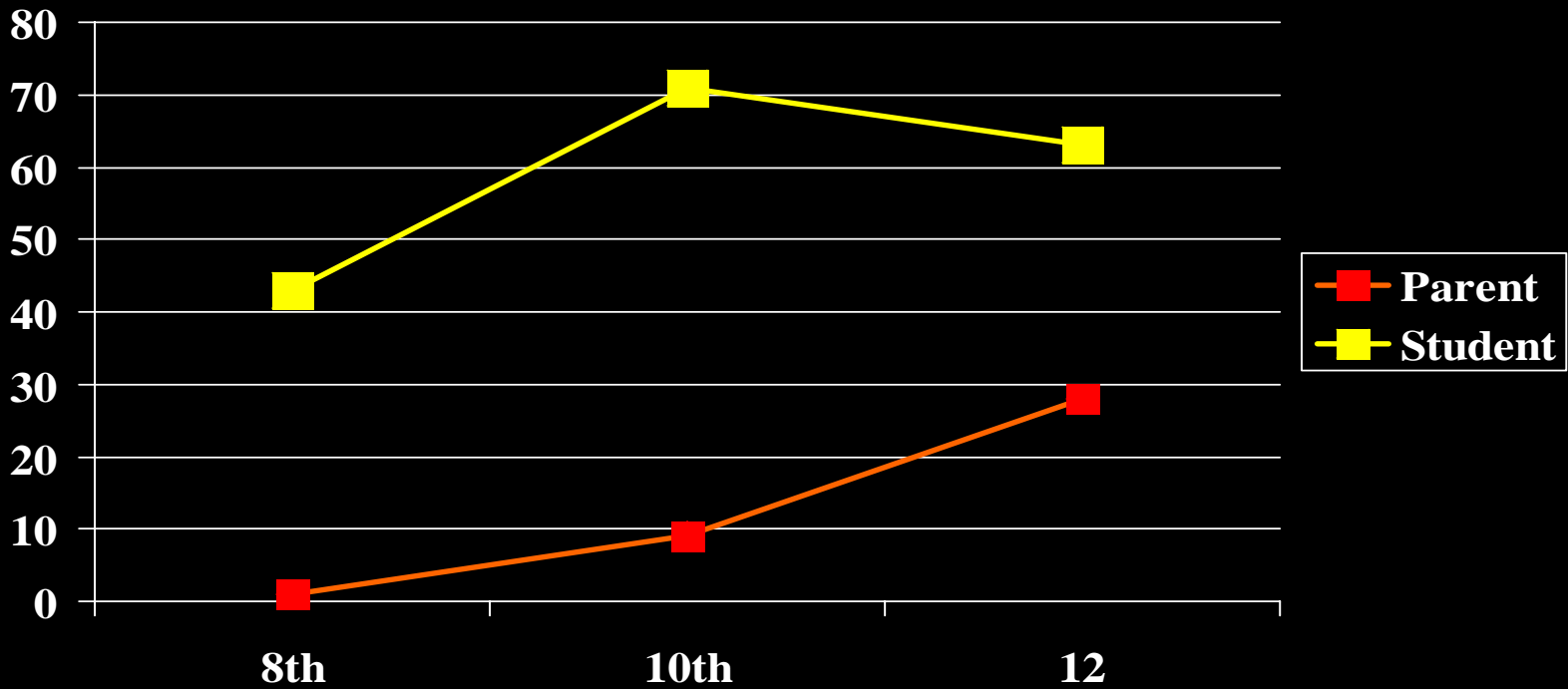


Findings from parent focus groups

- Parents don't know how much they matter.
- Parents may be misinformed
- Parents feel helpless or are in denial
- Parents are desperate for help.

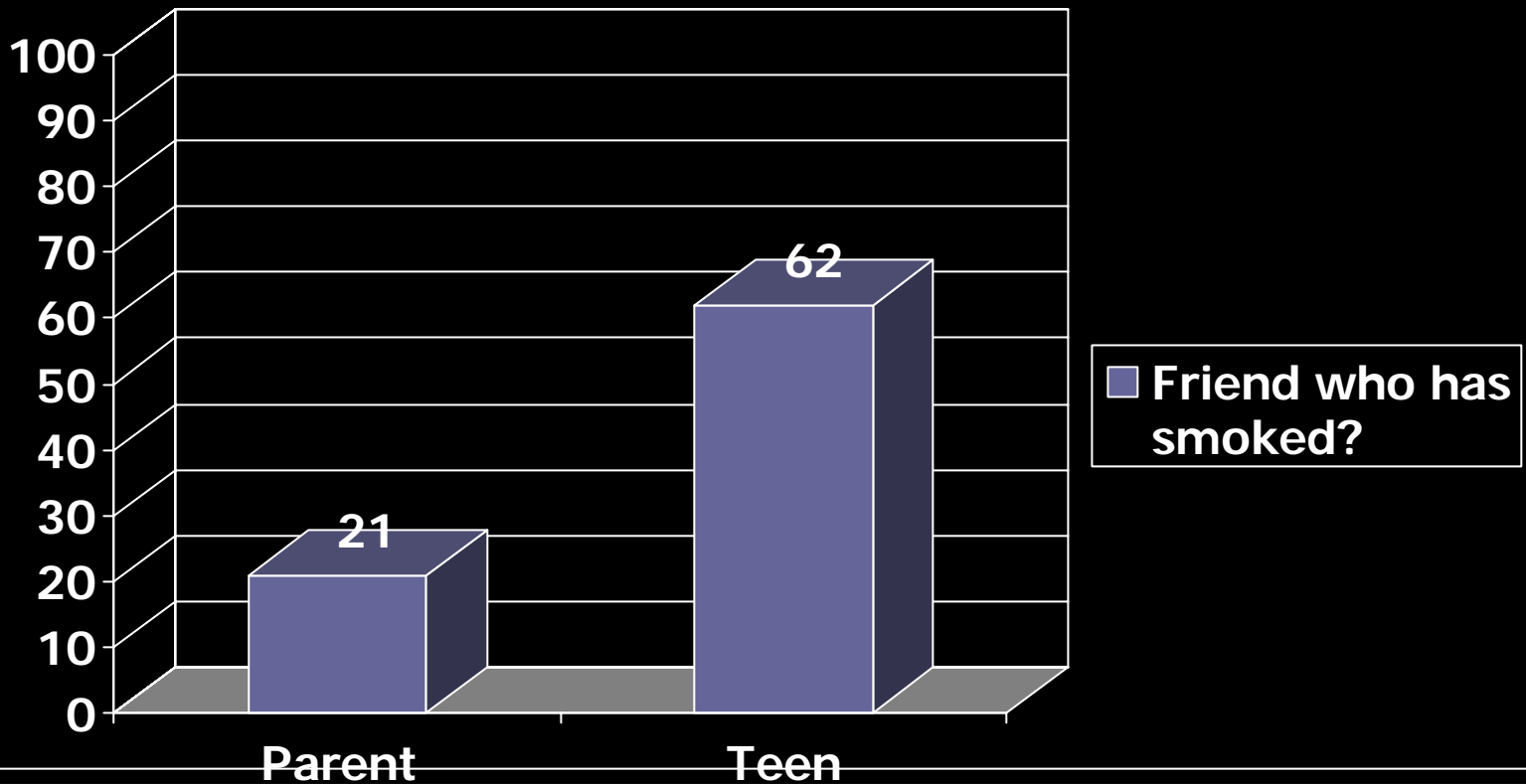


Student-Self Report of Ever Drinking Beer versus Parent's Perception-Seattle survey data.



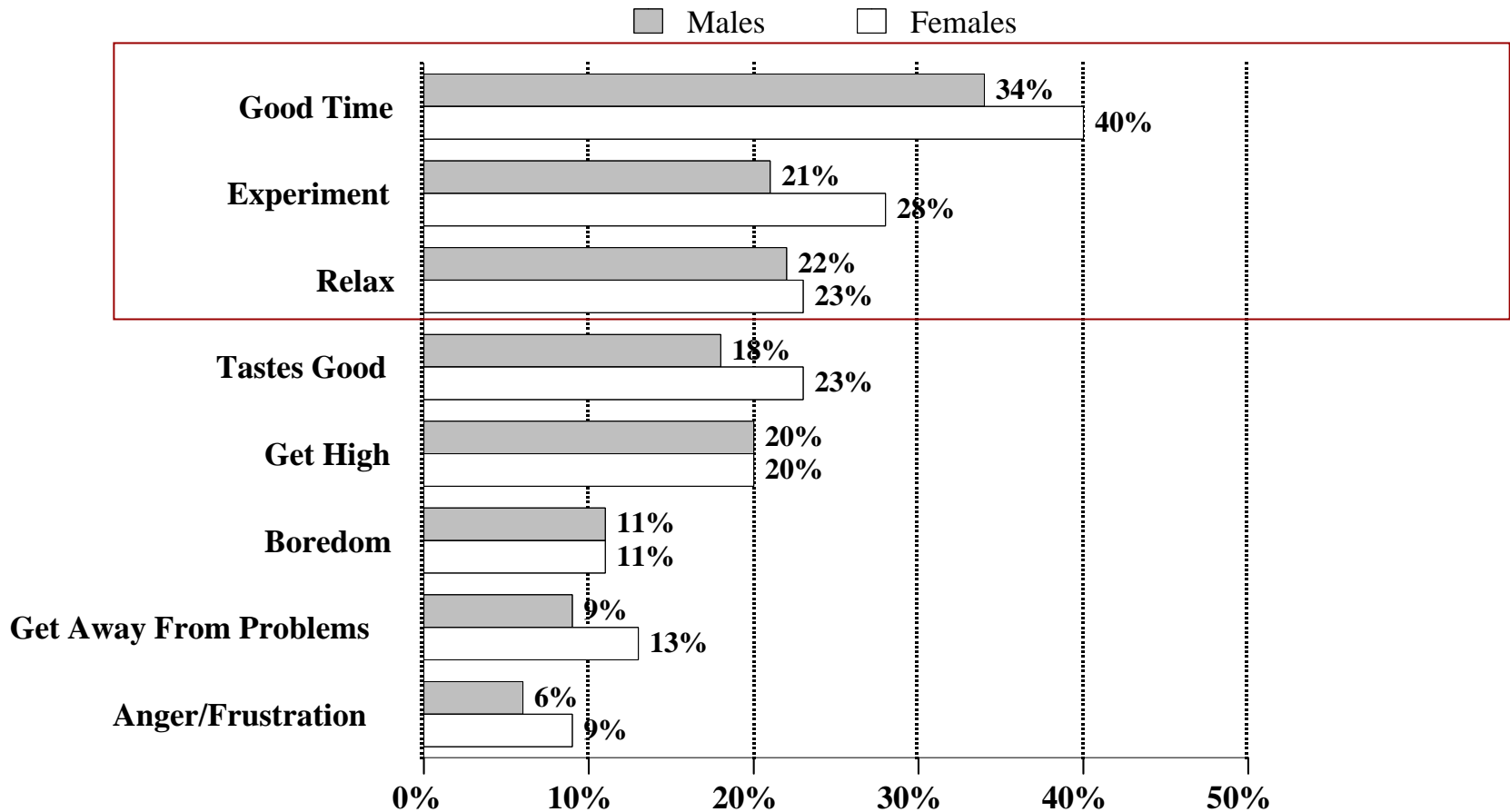


Parents who believe their teen has a friend who has smoked marijuana versus their teen's report.



“What Have Been the Most Important Reasons for Your Drinking Alcoholic Beverages?”

(N=1,877 U.S. 12th graders who reported drinking alcohol at least once in the past year)





SAAS students respond

Some teens decide to drink because

- **it's fun**
- **of sports**
- **it is relaxing and it is expected of our age group**
- **they want to/ it's cool**
- **they have a social life/**

Some teens decide NOT to drink because

- **of consequences**
- **being sober is fun too**
- **of sports**
- **it can lead to poor decision making and it is a health hazard/**
- **danger of, parents, or colleges finding out**

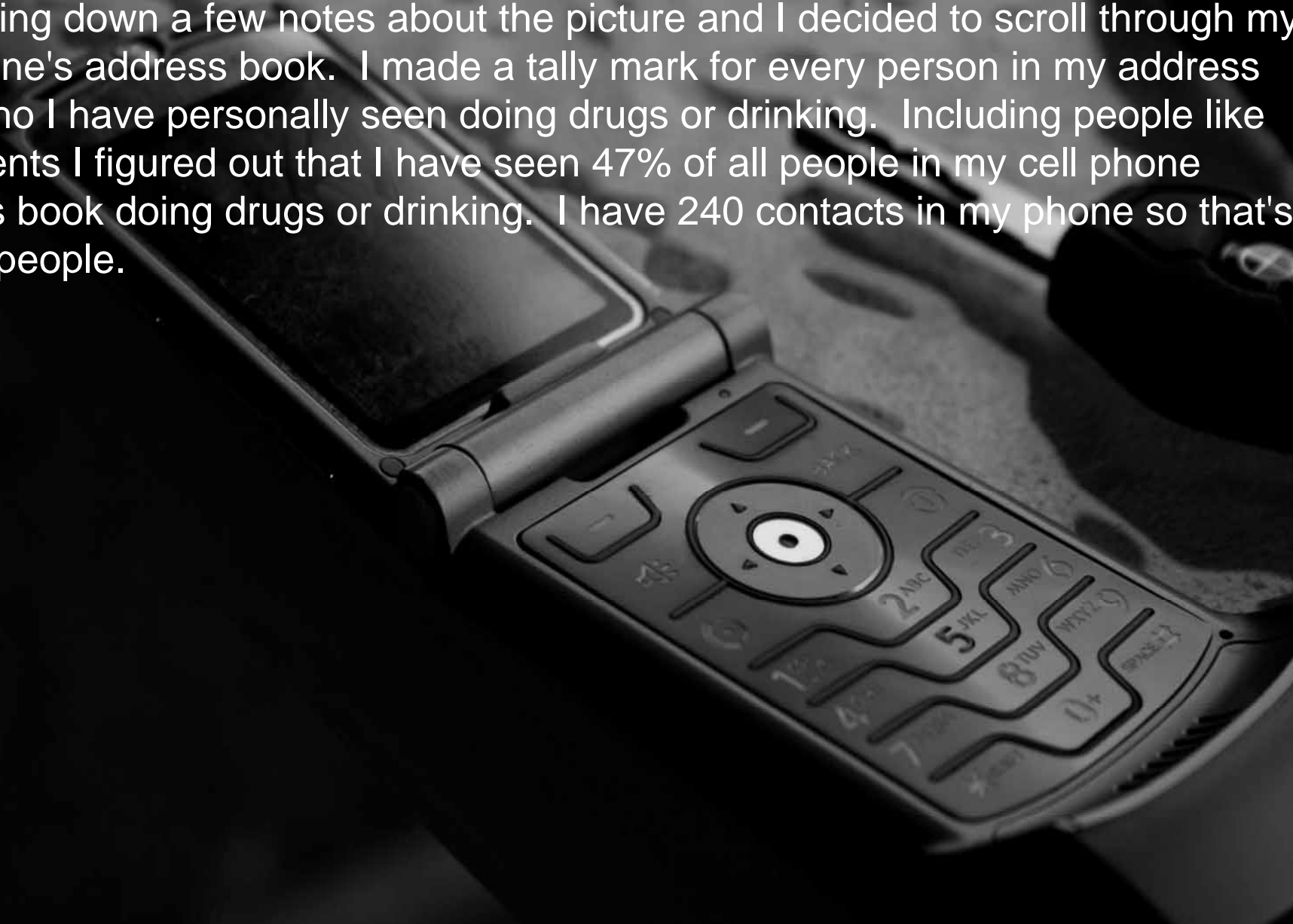
S D

R G

cocoa
granola
yogurt
beer
wine coolers
salmon
bananas
wheat thins



This is a picture of my friend's cell phone and a key to a really nice car. That's not the key to my car but it's a key to one of my friend's cars. At first I took this picture to represent the privilege that kids on Mercer Island have. After I took it I was jotting down a few notes about the picture and I decided to scroll through my cell phone's address book. I made a tally mark for every person in my address book who I have personally seen doing drugs or drinking. Including people like my parents I figured out that I have seen 47% of all people in my cell phone address book doing drugs or drinking. I have 240 contacts in my phone so that's a lot of people.



facebook.

What he did, it's how he did it. What was in fact harrasment and is He may not know that and most don't. Cool people drink, everyone ell didn't have the right to bring an o his office and basically say "I have your password." If I were [redacted] be discussing the most severe [redacted] possible with my lawyer.

he did to [redacted] was against the law. He people probably do knows that. [redacted] innocent girl in to hi all day, give me you parents I would be o punishment for [redacted]



How does alcohol impact
teens differently than
adults?

S D
R G





Brain Activity: Big in early childhood and teen years.



Physical

Basic physical needs

How to Learn

Mental

Social Emotional Skills

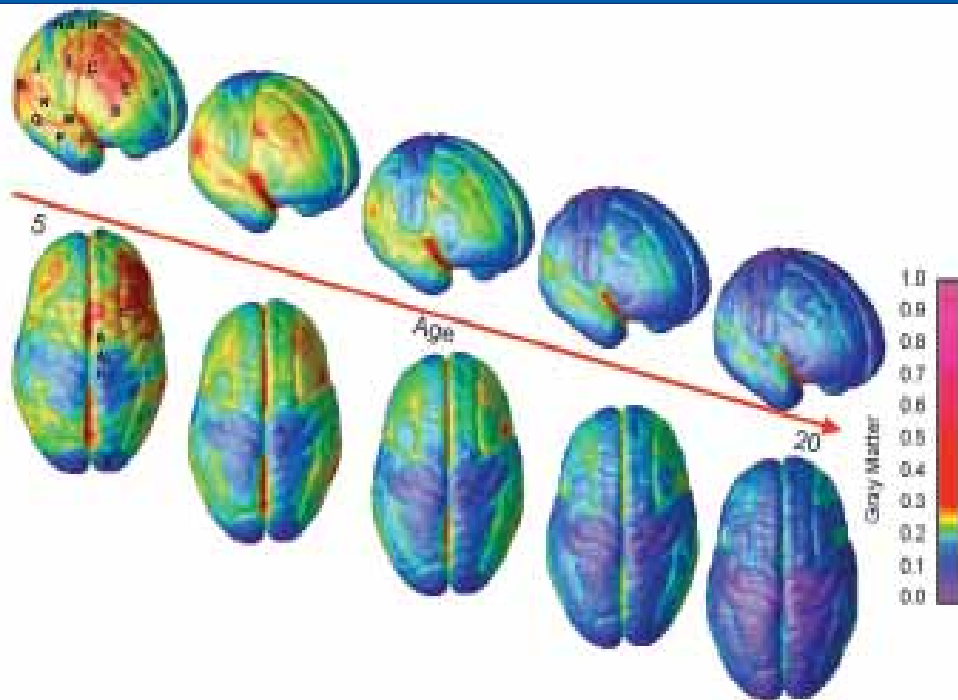
Complex relationship skills

Managed by others

Self Management Skills

Synaptic Pruning in Adolescence

IMAGES OF BRAIN DEVELOPMENT IN HEALTHY CHILDREN AND TEENS (AGES 5-20)



Source: PNAS; 101:8174-8179. 2004.

- Slow Maturation of the Prefrontal Cortex= High Risk Behavior of Adolescence

Gogtay et al 2004

- Mature prefrontal lobe is smaller in those adults with history of polysubstance abuse

Liu et al 1998

- Reduced GABA concentrations in alcohol and cocaine addicted persons

Volkow 2000, Dick 2004, Edenberg 2004



The teen brain is developing.....



- Judgment
- Planning
- Organization Problem Solving
- Impulse Control
- Abstraction
- Analysis/synthesis
- Self-awareness
- Self-concept
- Identity
- Stress Management
- Spirituality

S

D

R

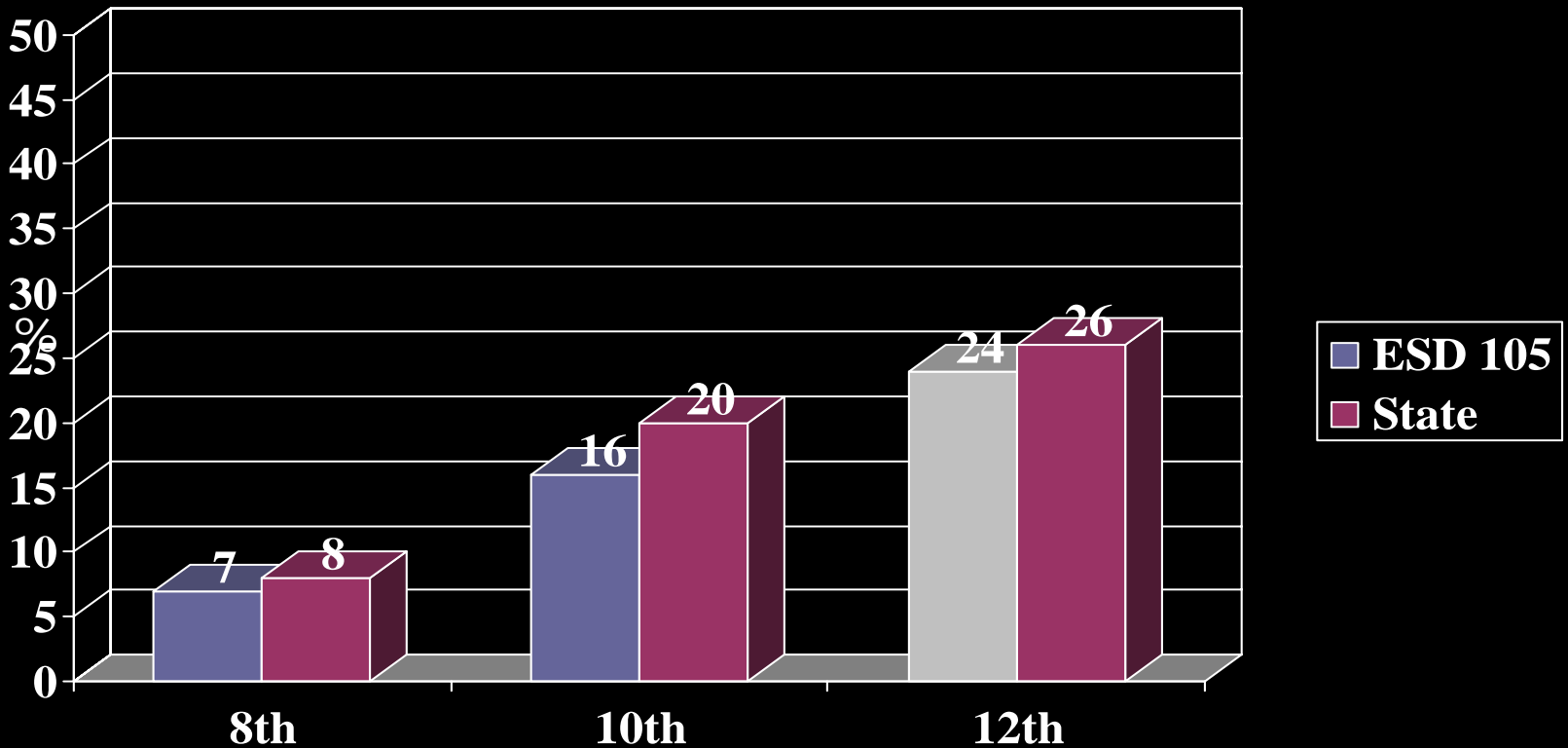
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Alcohol affects teens differently than adults!

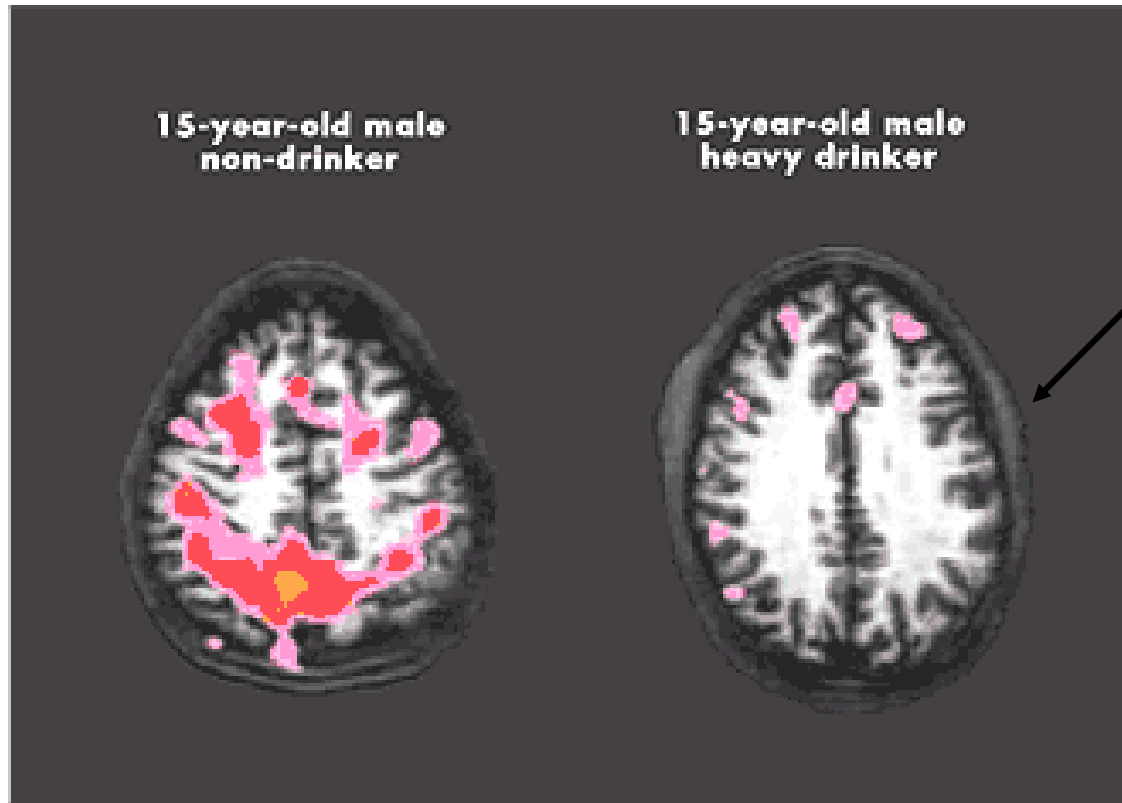
- Alcohol **suppresses** neural activity – **interferes** with the chemical messages throughout the brain – especially in the hippocampus.
- Alcohol **inhibits** the development of new memories and **inhibits** learning in the adolescent & young-adult brain (but not in the *mature* adult brain.)



% who had 5+ Drinks in a row in previous two weeks



Effects of binge drinking on the brain last even two weeks after



Even after two weeks of NO drinking the effects are evident in the brain scan On the right



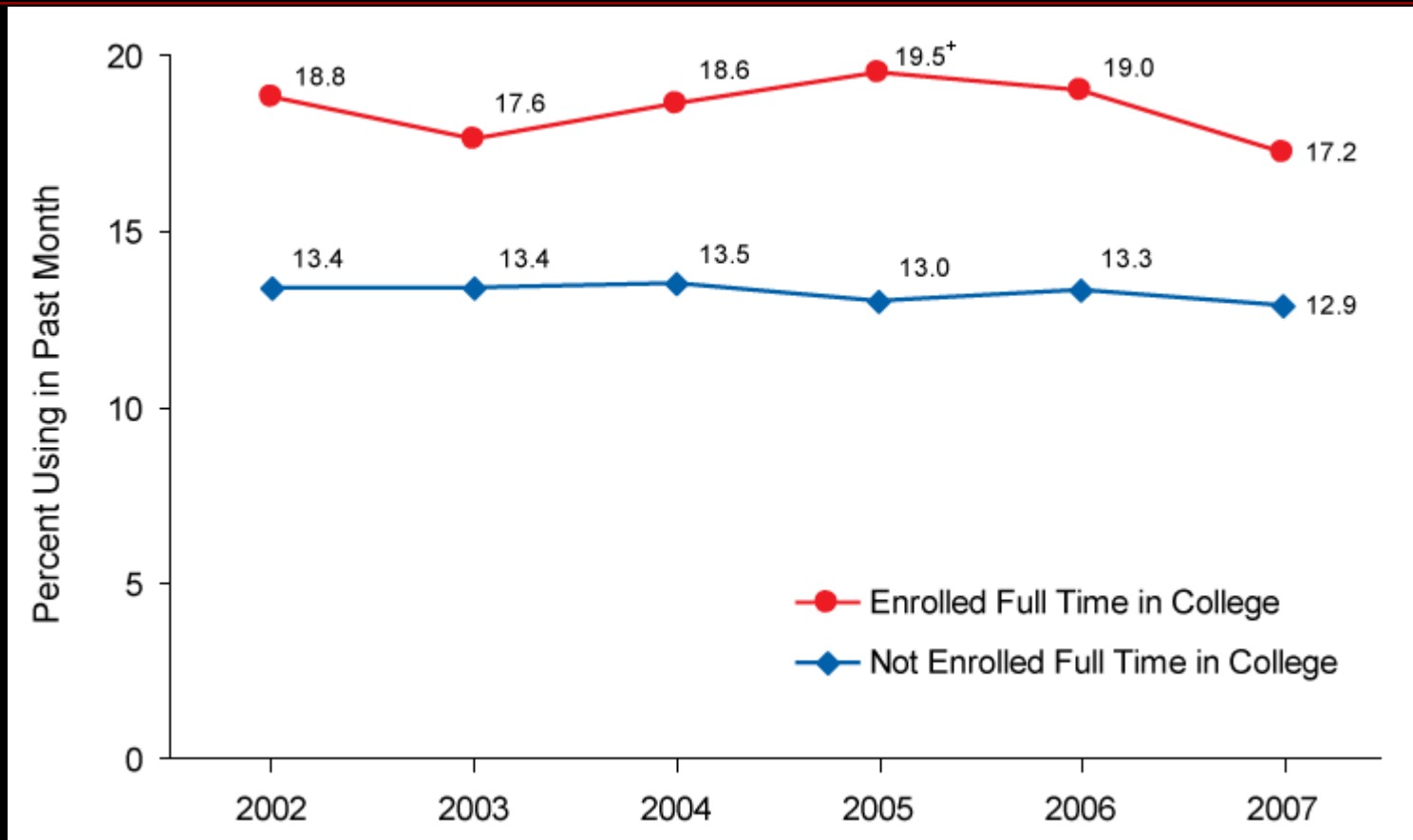
Are adolescents more susceptible to alcohol than adults?

Most certainly YES

- 1 Reduced sensitivity to intoxication**
- 2 Increased sensitivity to social disinhibitions**
- 3 Greater adverse effects to cognitive functioning**
- 4 Medicates “excitability”**

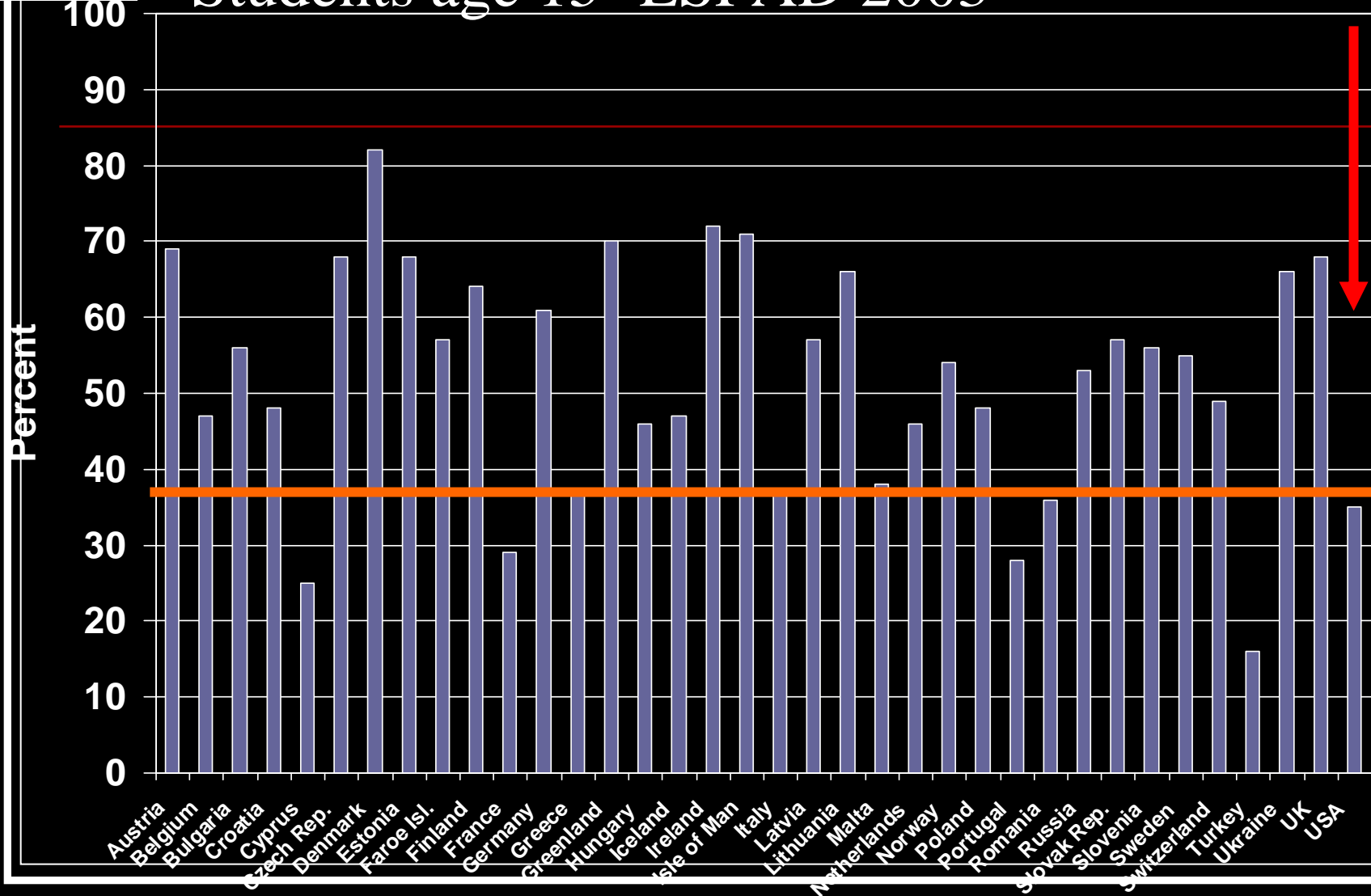


Heavy Alcohol Use among Adults Aged 18 to 22, by College Enrollment: 2002-2007





Frequency of being drunk in last 12 months: Students age 15- ESPAD 2003



Comment: Of 35 European countries 31 had a higher percentage of 15 year olds than in the U.S. who reported being drunk in the past year



What can parents do?

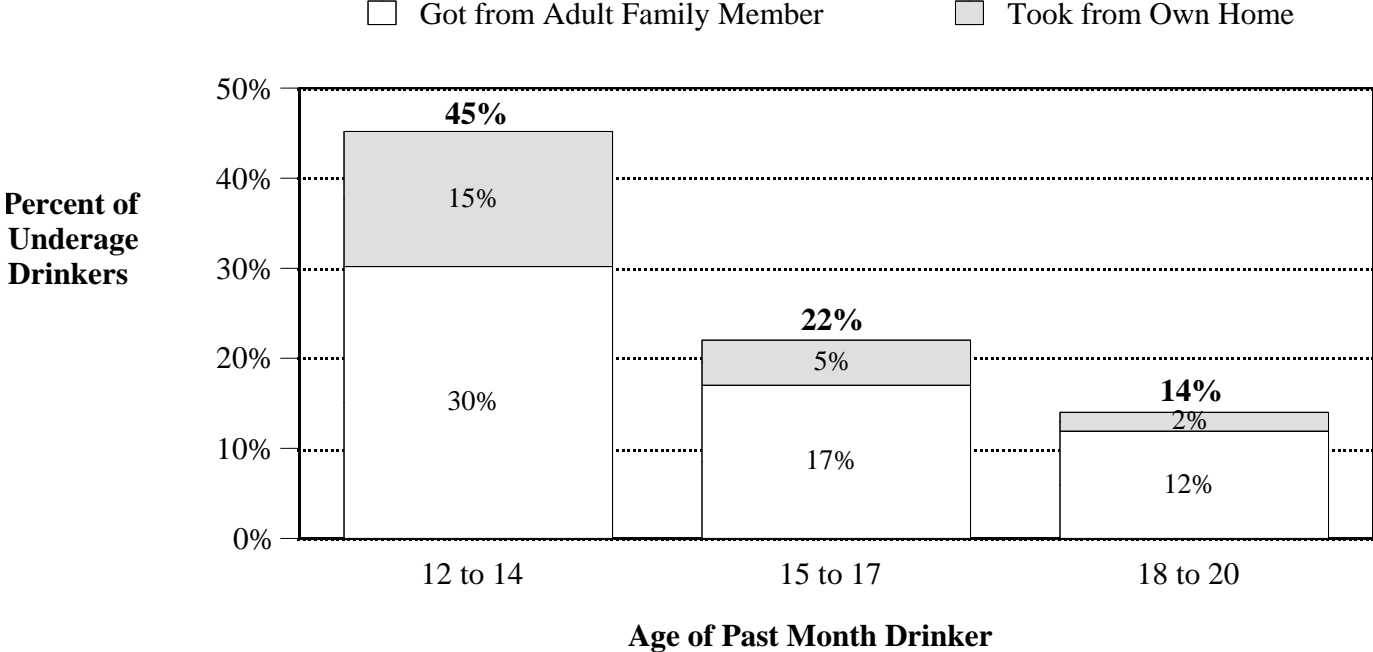


SAAS students respond

Parents can role-model good behavior by:

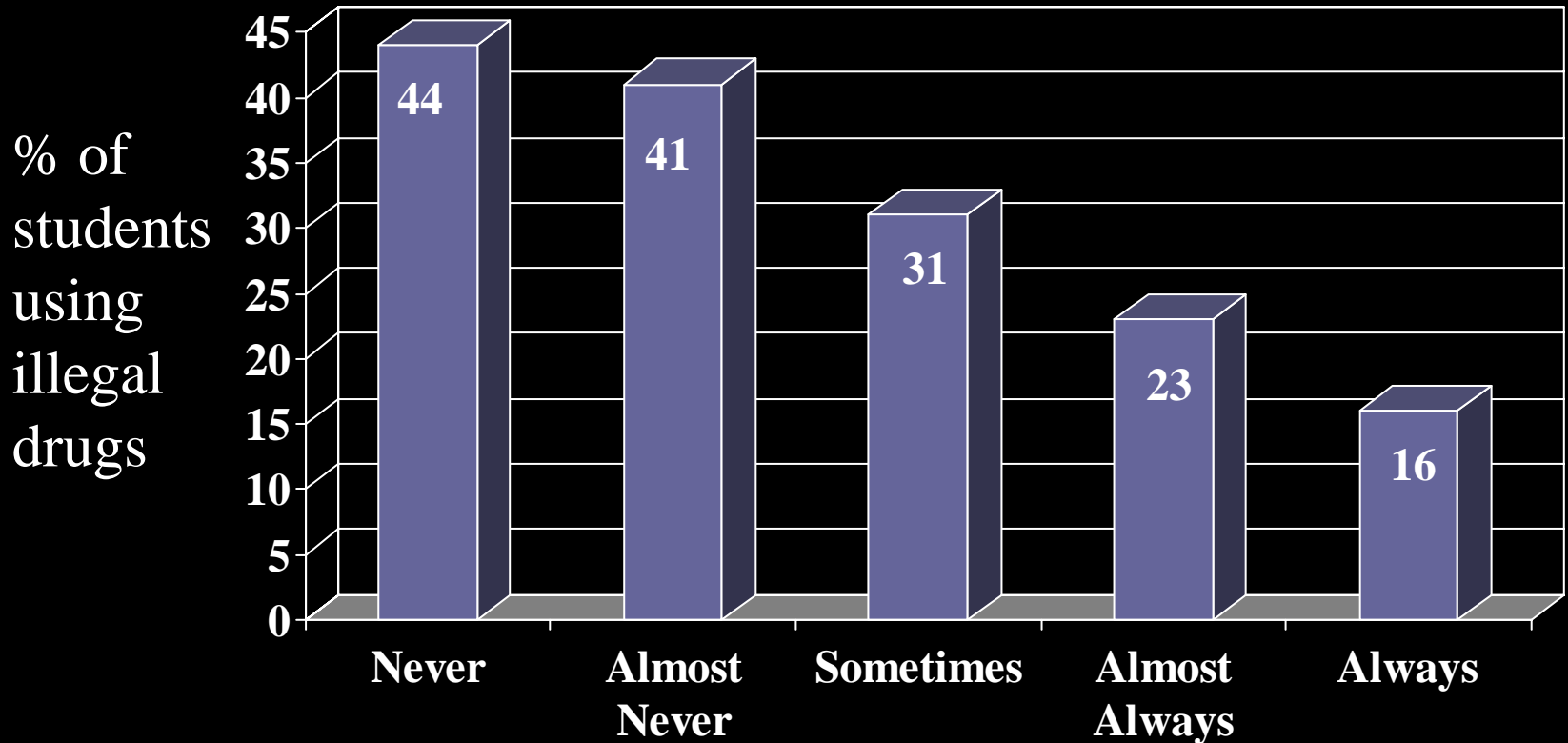
- **not drinking and driving**
- **showing what not to do**
- **being sober/ drinking less**
- **not getting mad when they find out/**
- **being realistic about the situation**
- **drinking responsibly**

Percentage of Underage Drinkers Who Reported Getting Alcohol from Their Family/Home the Last Time They Drank, by Age, 2006





Do your Parents Set Clear Rules for you?





Developing Clear Guidelines

G = *Clear and Specific Guidelines*

M = *Monitor*

C = *Consequence & Problem-
Solving*



Principles for Setting Guidelines

Guidelines Should Be:

- **Stated Simply**
- **Stated in Positive Terms**
- **Kept to a Minimum Number**
- **Enforceable**



Principles for Monitoring



Ensure standards are followed



Maintain a strong bond with your child



Consequences

Should:

- Show kids what's been done wrong
- Give them ownership of problem
- Give them options to solve problems
- Leave their dignity intact

Cell phone

Cash/Credit

Computer

Car



Thinking GMC

1. Think about your own guidelines about alcohol and jot them down on the worksheet
 - Guidelines
 - Monitoring
 - Celebration/Consequences
2. In small groups take 10 minutes to discuss your GMC in relations to some of the situations on the back of the sheet.

S

D

R

G

If I were born with all of my knowledge at birth, I would have said to my parents something like this:

***As I grow, push, but do not shove;
talk, but do not scream; teach, but do
not lecture; hold me, but do not pull
me; guide, but do not take my place;
and lastly love me without measure.***

15 year old boy

Durham, North Carolina



Key Principles

- **Think Problem Solving**
- **Decide What Matters**
- **Take Time**
- **Allow for Mistakes**
- **Celebrate, Recognize and Reward**
- **Show Your Love**





Common Mistakes

- We talk too much
- We fail to grow with our children
- We attend to the negative
- Telling our children what NOT to do, not what TO do.
- We forget to have FUN with our kids!



Resources

www.samafoundation.org/about_addiction.html

Family Navigator call (206) 322-SAMA [7262]

Drug Abuse Treatment Locator

<http://findtreatment.samhsa.gov/>

www.thebrain.mcgill.ca/flash/index_d.html#

Dubuc, B. (2004). *The brain from top to bottom*

www.drugabuse.gov/Published_Articles/

Leshner A. (2000). *Oops. How casual drug use leads to addiction.*

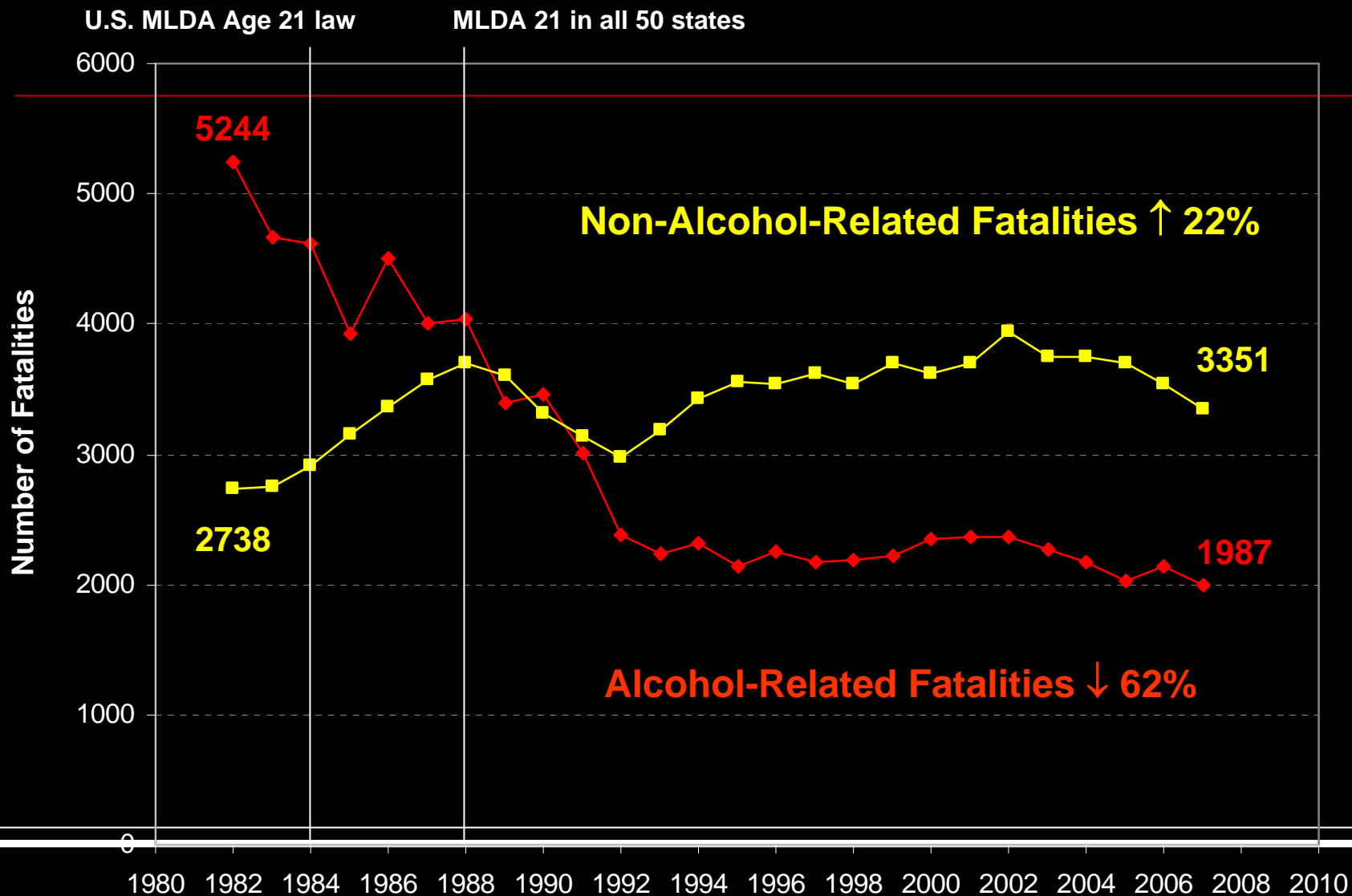
National Institute on Drug Abuse, September, 2000.

The adolescent brain and college drinker: Biological basis of propensity to use and misuse alcohol.

Spear, L. (2002). *Journal of Studies on Alcohol*, 14, pp. 71-81.



Trends in Alcohol Related and Non Alcohol Related Traffic Fatalities, Persons Ages 16-20, United States, 1982-2007



Source: U.S. Fatality Analysis Reporting System



TIME
IN PARTNERSHIP WITH **CNN**



December 17, 2008

July 17, 2008

Binge Drinking Comes to France

By David Chazan

French Combat Youth Binge-Drinking

By Bruce Crumley / Paris

- 50% increase in 15-24 year olds hospitalized for excess drinking since 2004
- 50% of 17 year olds reported being drunk in the past month
- Alcohol is the leading factor in deaths among French youth

- Binge drinking is now on the rise among young people
- France used to take pride in initiating children into the art of sipping wine with their parents
- But these days it does not seem to work
- The government recognizes the problem and plans to raise the legal age for buying alcohol from 16 to 18 next year