



The Coalition Newsletter

May 2013

Our mission is to prevent and reduce youth substance use & abuse in the Pequannock Twp. Community through collaboration, education and community-wide change.

25 West Main Street Rockaway, NJ 07866 Phone: 973-625-1998 Fax: 973-625-8048

Email: alight@mcpik.org

An Initiative of:



Teens Drink Differently from Adults

Because alcohol affects the teen brain differently, teens are more likely than adults to engage in “binge drinking” – having at least five drinks at a time for boys, or four drinks at a time for girls. Sometimes teens plan to binge (saying, for example, “Let’s go out and get hammered!”). Other times, they get caught up with drinking games or parties that get out of control. Teens get drunk twice as fast as adults, and have more trouble knowing when to stop. In addition, adolescents who binge drink risk dying from alcohol poisoning. They are also more likely to:

- Be pushed, hit, or attacked
- Be sexually assaulted
- Be seriously injured
- Drive drunk or ride with a drunk driver
- Engage in risky sexual behavior

Tips on Talking to TEENS & TWEENS

Most 6-year-olds know that alcohol is only for adults. ***Between ages 9 and 13, youth begin to think that alcohol use is okay.*** That’s why it’s never too early to start talking with young people about the dangers of underage drinking.

You can feel confident in starting the discussion: ***Teens say that they rely on adults in their lives more than anyone else to help them make tough decisions and to provide good advice.***

Here are some general tips:

- When you talk with your children about drinking, listen to them and respect what they say.
- Make clear your expectation that your children will not drink.
- Teach your children about the dangers of underage drinking.
- Discuss laws about underage drinking.

http://code.peqtwp.org:88/Chapter_043/index.html

What Families Can Do To Help Prevent Underage Alcohol Use

Be aware of factors that may increase the risk of teen alcohol use.

- Significant social transitions such as graduating to middle or high school or getting a driver’s license
- A history of conduct problems
- Depression and other serious emotional problems
- A family history of alcoholism
- Contact with peers involved in deviant activities

Be a positive adult role model.

- If you drink yourself, drink responsibly. That means not drinking too much or too often.
- Stay away from alcohol in high-risk situations.
- Do not give alcohol to your teens.
- Let them know any alcohol in your home is off limits to them & their friends.

Work with schools, communities, and government to protect teens from underage alcohol use by ensuring that—

- Schools and the community support and reward young people’s decisions not to drink;
- Rules about underage drinking are in place at home, at school, and in your community;
- Penalties for breaking the rules are well-known. Rules are enforced the same way for everyone;
- All laws about underage alcohol use are well-known and enforced; and
- Parties and social events at home and elsewhere don’t permit underage drinking.

Support your children and teens and give them space to grow.

- Be involved in your teens’ lives. Be loving and caring.
- Encourage your teens’ growing independence, but set appropriate limits.
- Make it easy for your teens to share information about their lives.
- Know where your teens are, what they’re doing, who they’re with, and who their friends are.
- Find ways for your teens to be involved in family life,
- Set clear rules, including rules about alcohol use. Enforce the rules you set.
- Don’t let your teens attend parties where alcohol is served.
- Make sure alcohol isn’t available at teen parties at your home.
- Help your teens find ways to have fun without alcohol.
- Help your teens avoid dangerous situations.

Underage Drinking is Everyone’s Problem & Can Affect Anyone

- Underage alcohol use can lead to dangerous behavior, property damage and violence.
- The result can be injury and even death for the drinker, and for other people nearby.
- About 45% of people who die in car crashes involving a drinking driver under age 21 are people other than the driver.

It’s time to change how we all think, talk and act when it comes to underage drinking. We need to stop accepting it and to start DISCOURAGING it. It’s time to help young people understand that it is NOT OKAY for them to drink alcohol.

THIS DISCUSSION NEEDS TO START LONG BEFORE YOUTH START THINKING ABOUT DRINKING.

Did you know?

The belief in the harm associated with alcohol use goes up between fourth grade and sixth grade. ***In the transition from sixth to ninth grade, students’ belief that alcohol use is harmful DECREASES.***