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# Teens, Alcohol and Reality

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

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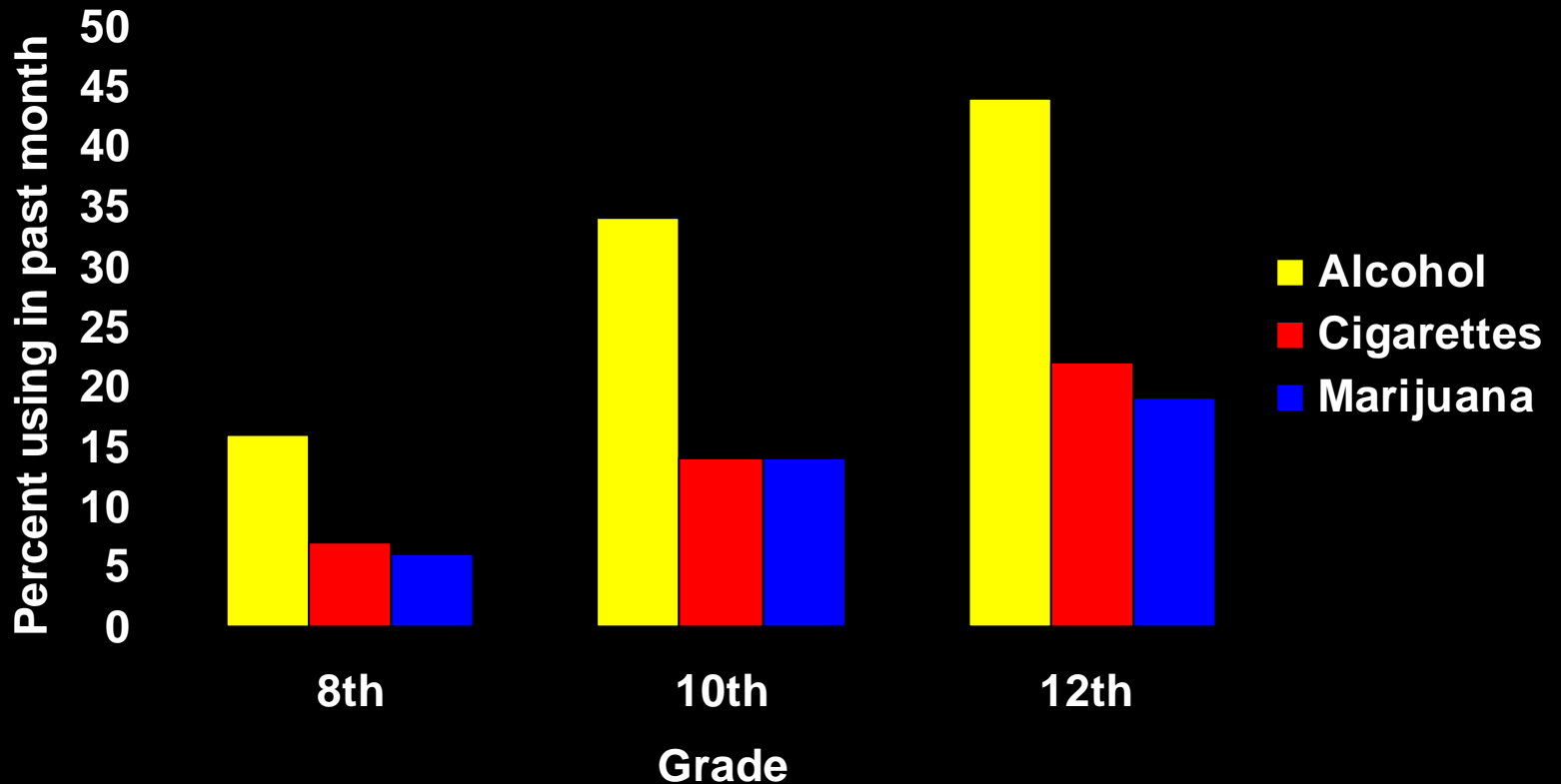
# Reflection

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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?

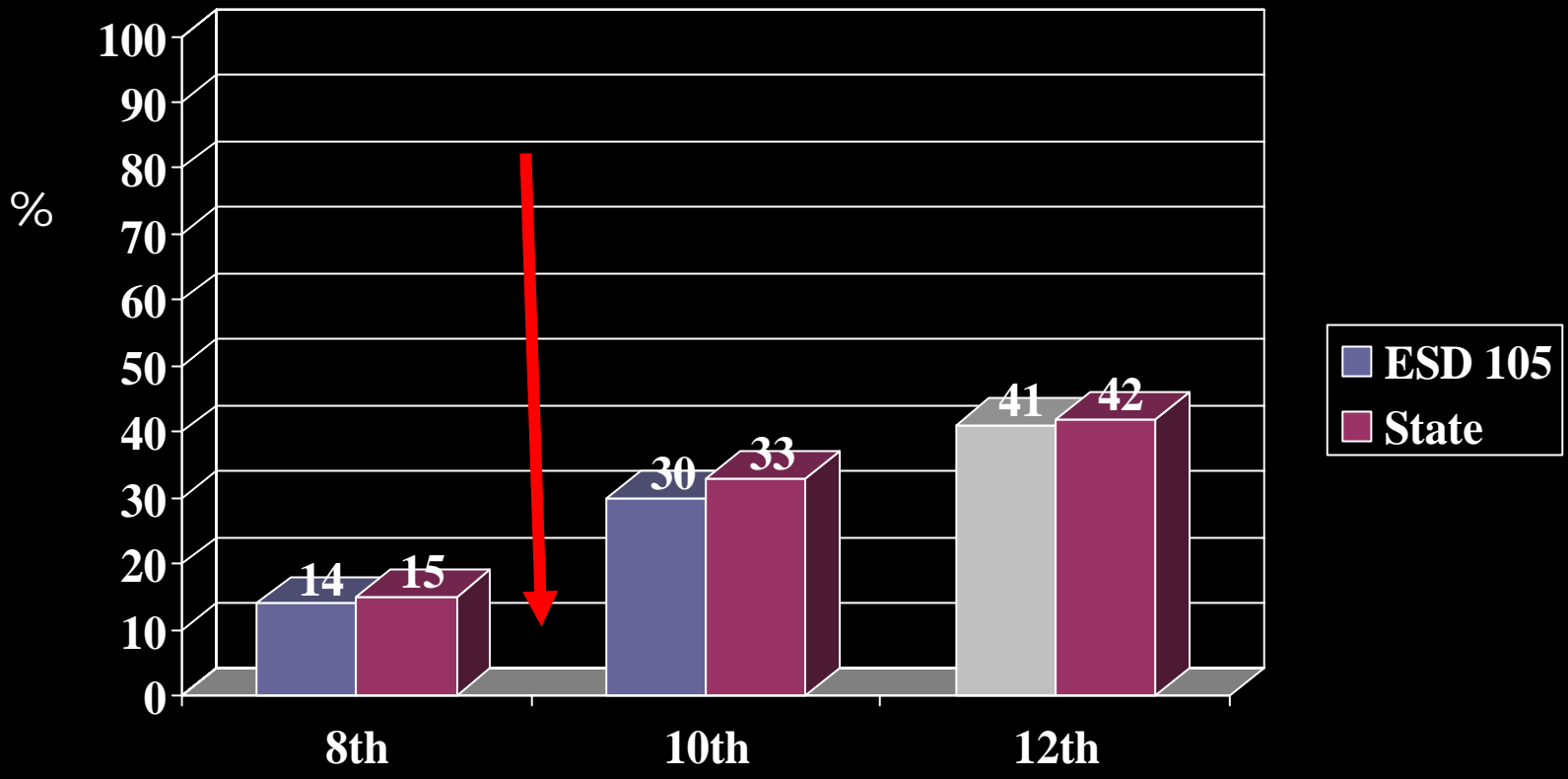
# Alcohol is the Most Commonly Used Drug Among 8<sup>th</sup> -12<sup>th</sup> graders





# Recent Alcohol Use

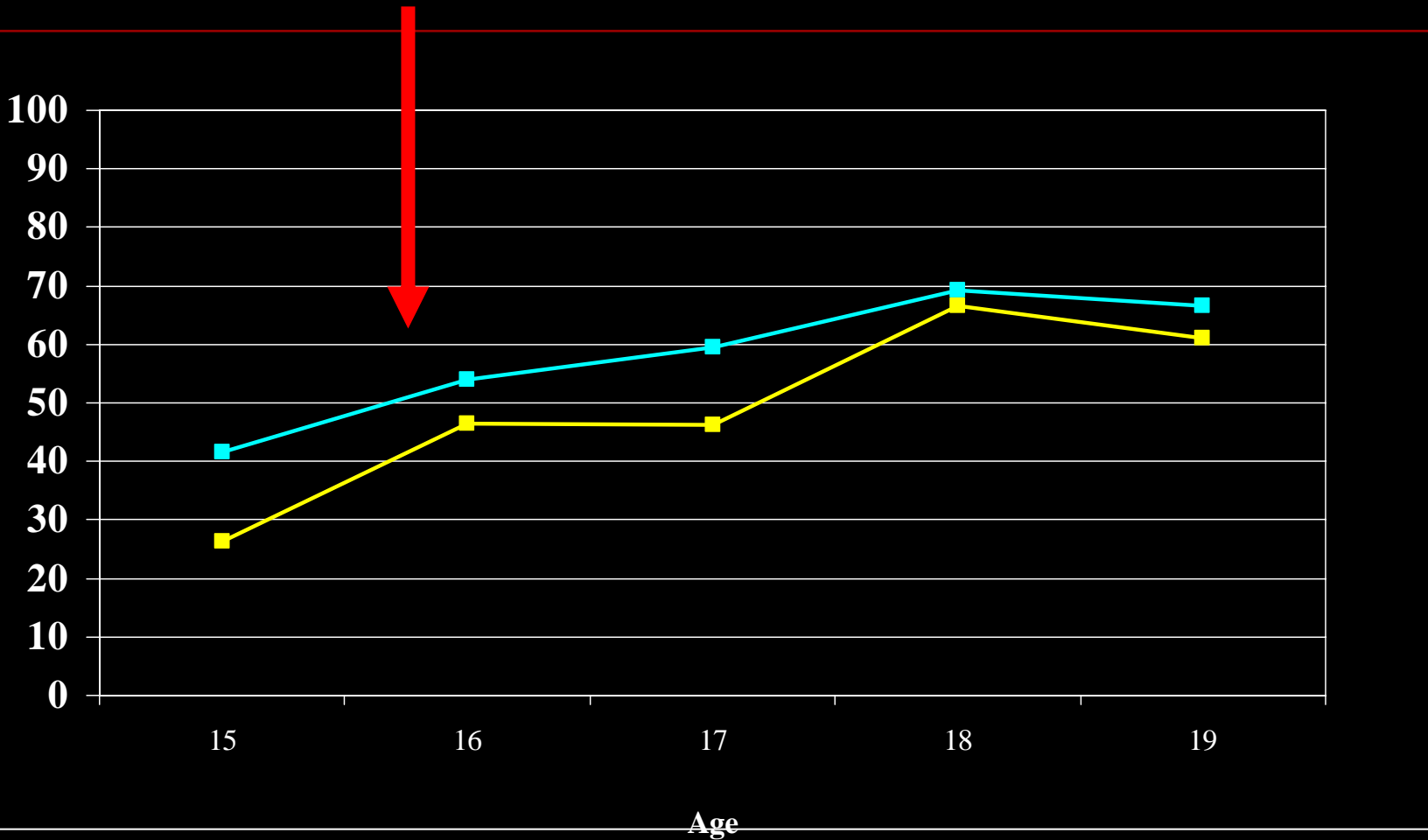
Past 30 days





# Alcohol Use Among High School Students

## Which is higher? Boys or Girls?



**% Who Used Alcohol in Last Year**

# Gateway Drug Progression

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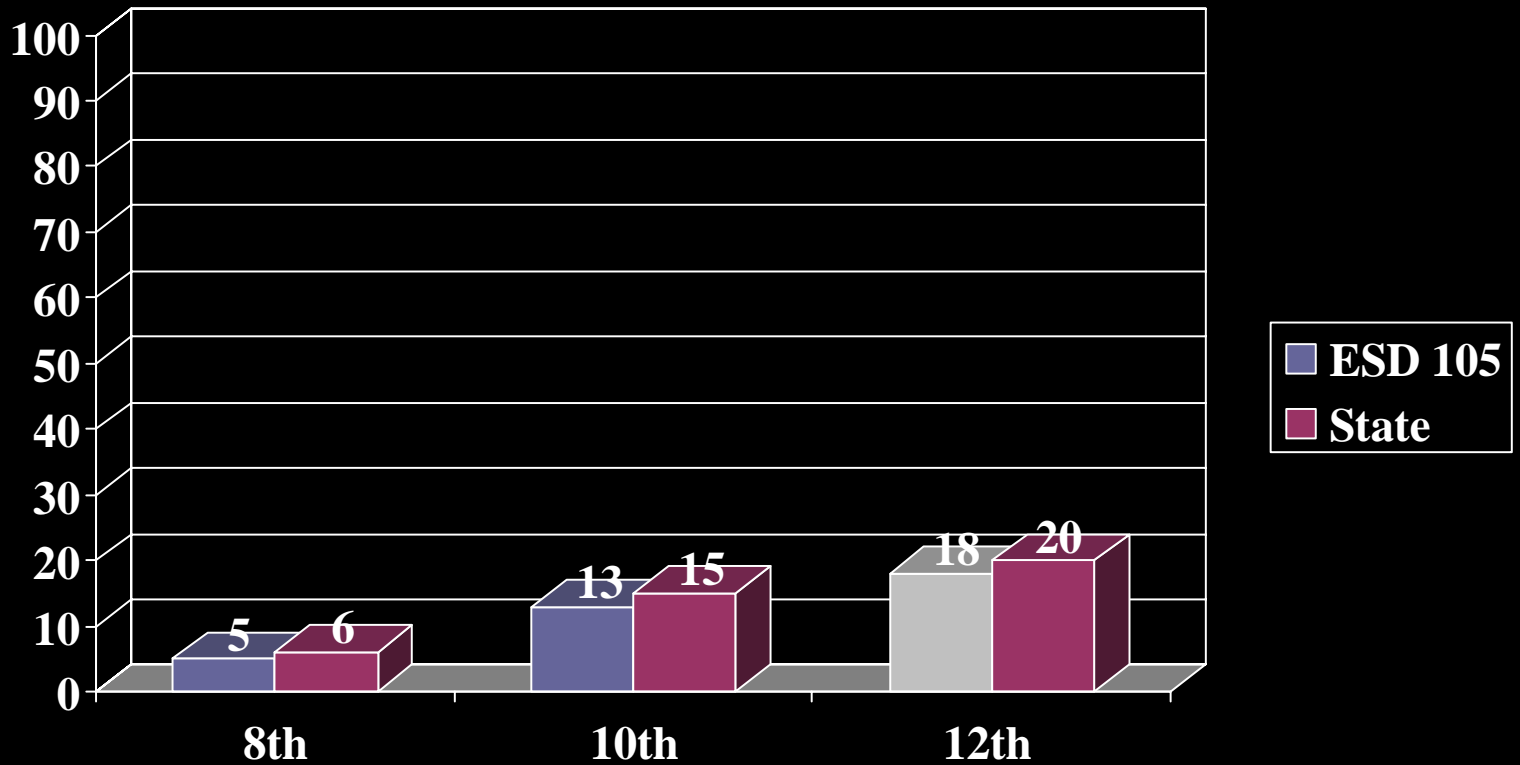




# Recent Cigarette Use

## Past 30 days

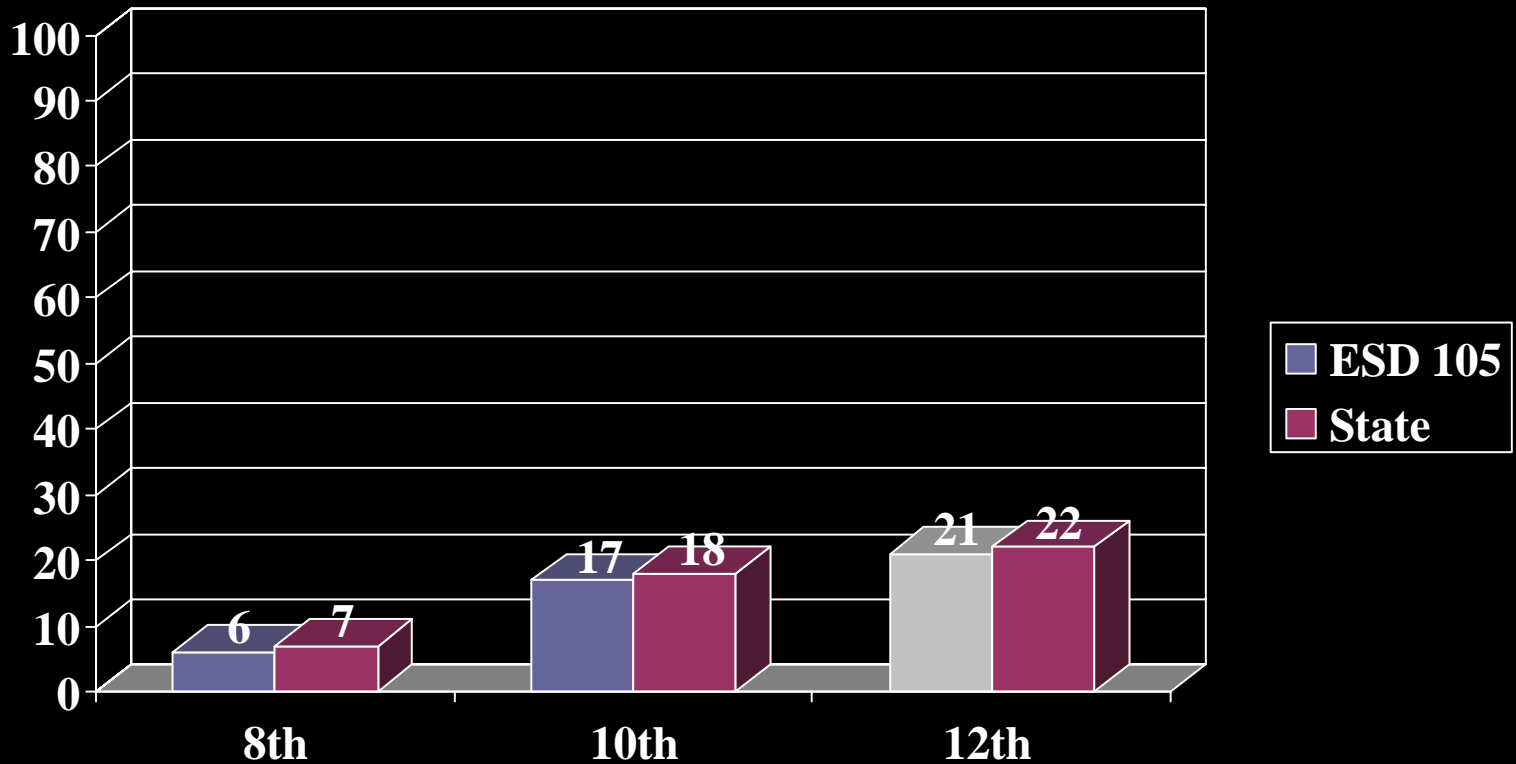
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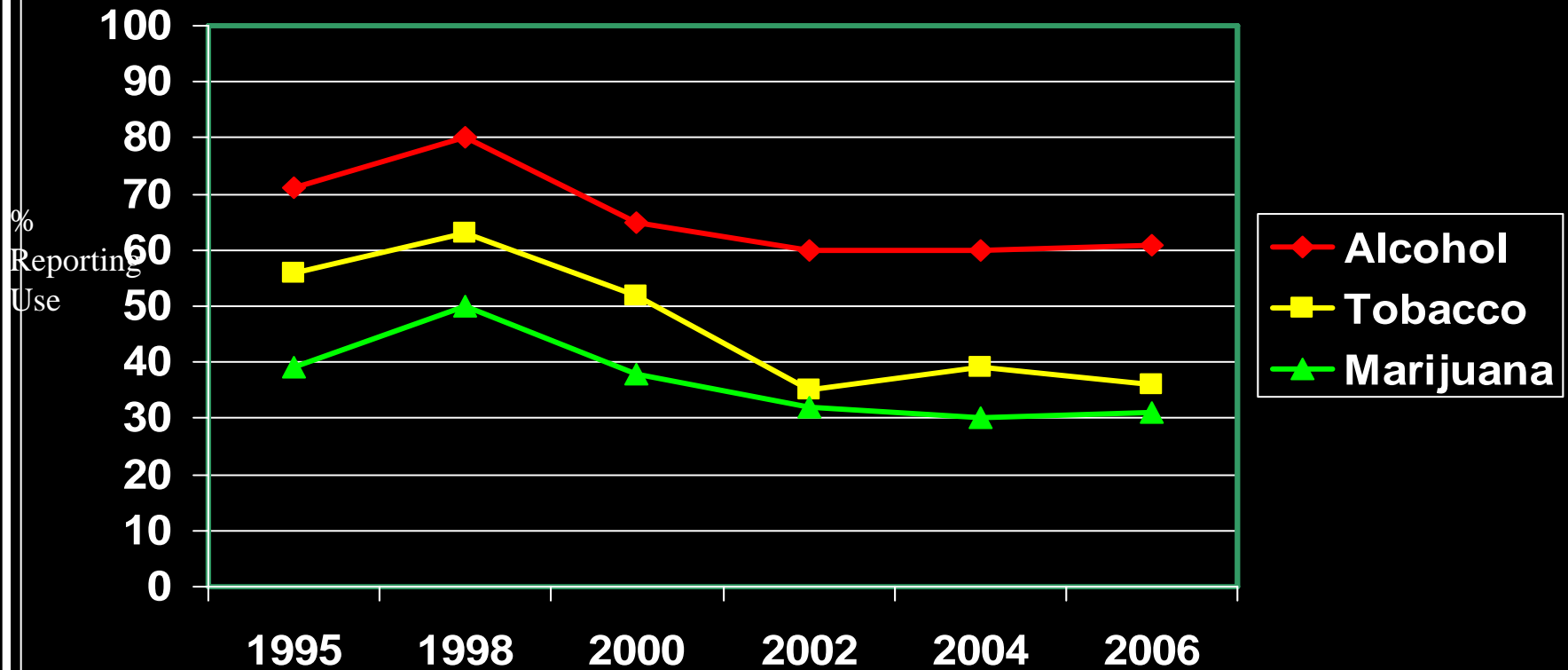
# Recent Marijuana Use

## Past 30 days





# State Trends in 10<sup>th</sup> grade use, 1995-2006—ever use

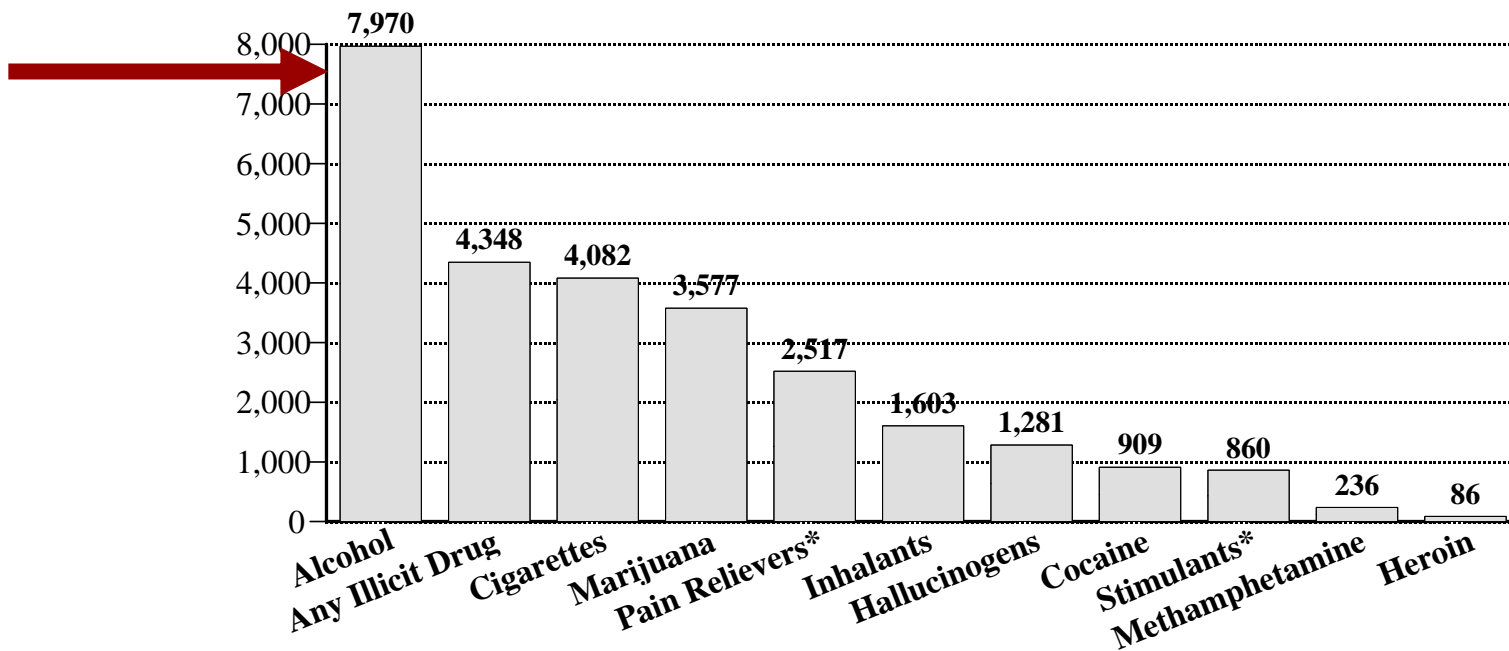


Wa St. Survey of Health Behaviors, 1995

Health Behavior Survey, 2002/2006

# New Users

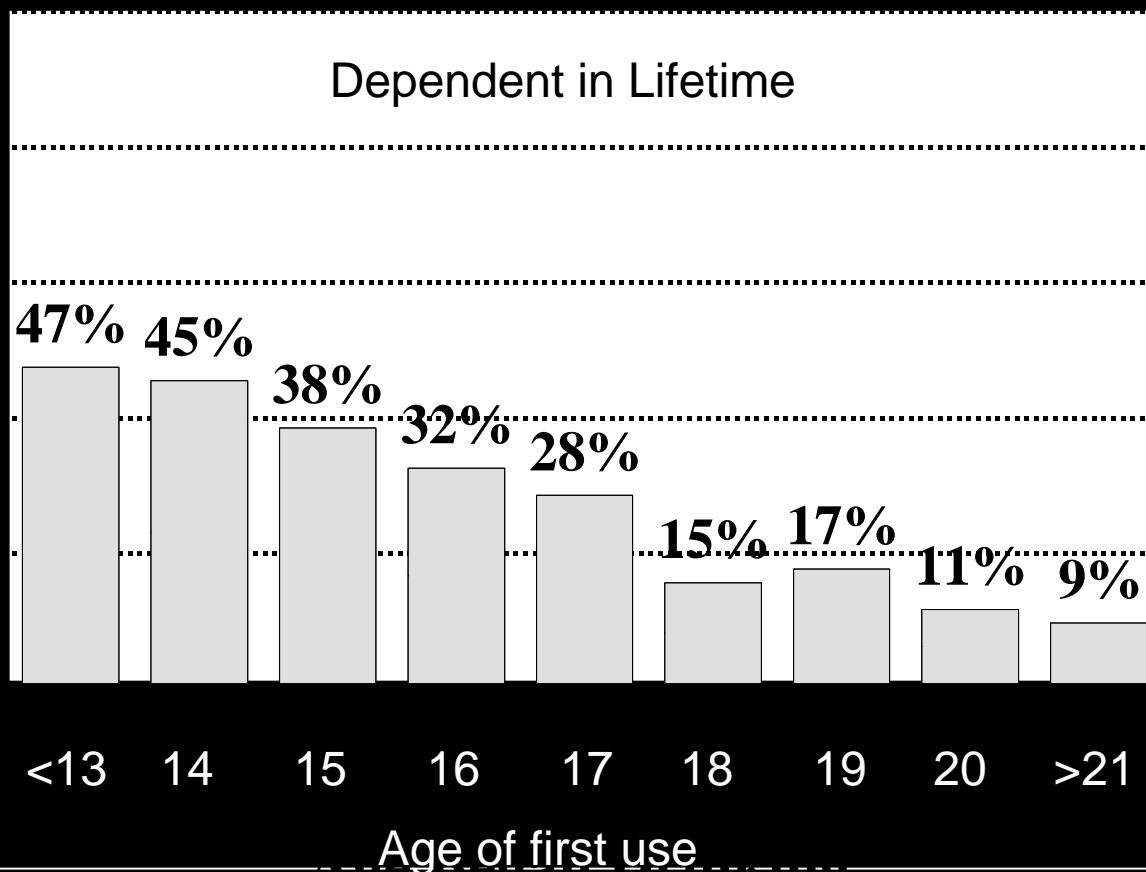
Number of U.S. Youths Ages 12 to 17 Who Used Substances for the First Time on an Average Day, 2006



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



Hingson, R.W., Heeren, T., and Winter, M.R. "Age at Drinking Onset and Alcohol Dependence," *Archives of Pediatrics and Adolescent Medicine* 160(7):739-746, 2006.



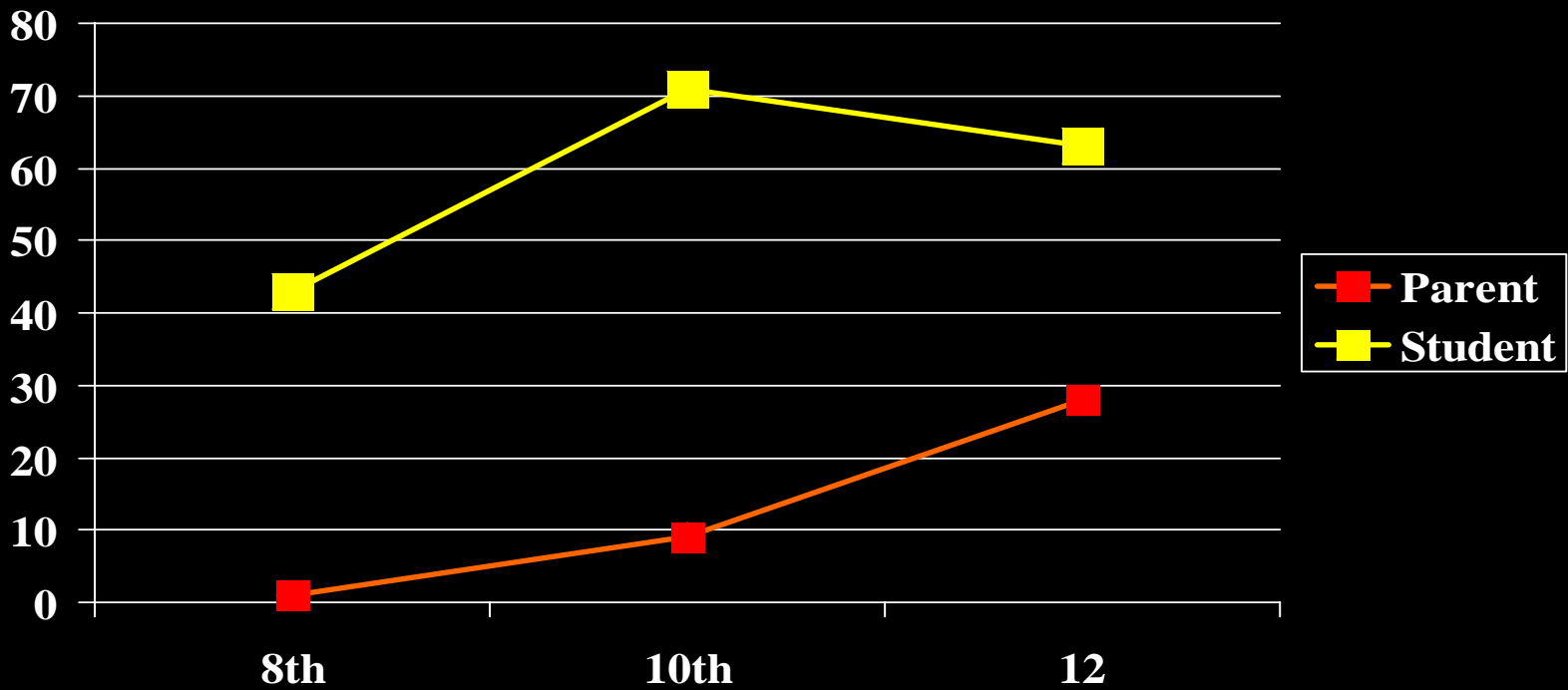
# Findings from parent focus groups

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

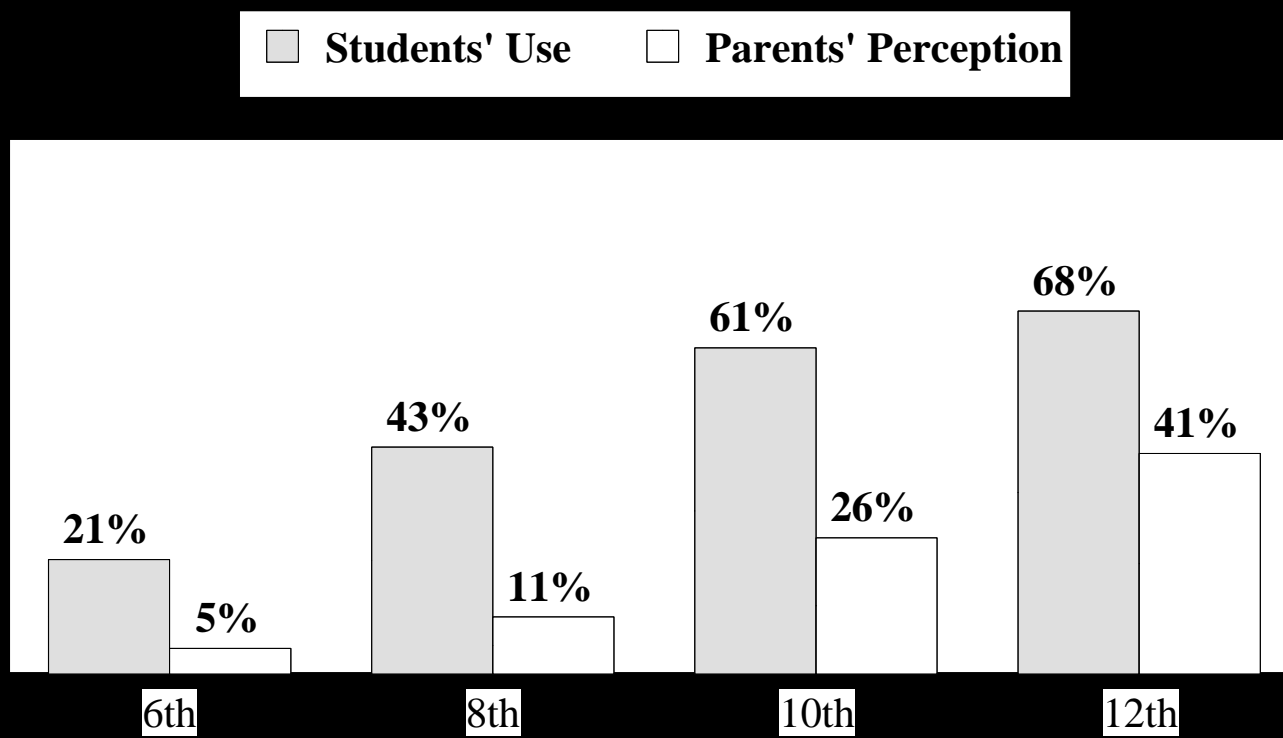


# Student-Self Report of Ever Drinking Beer versus Parent's Perception-Seattle survey data.





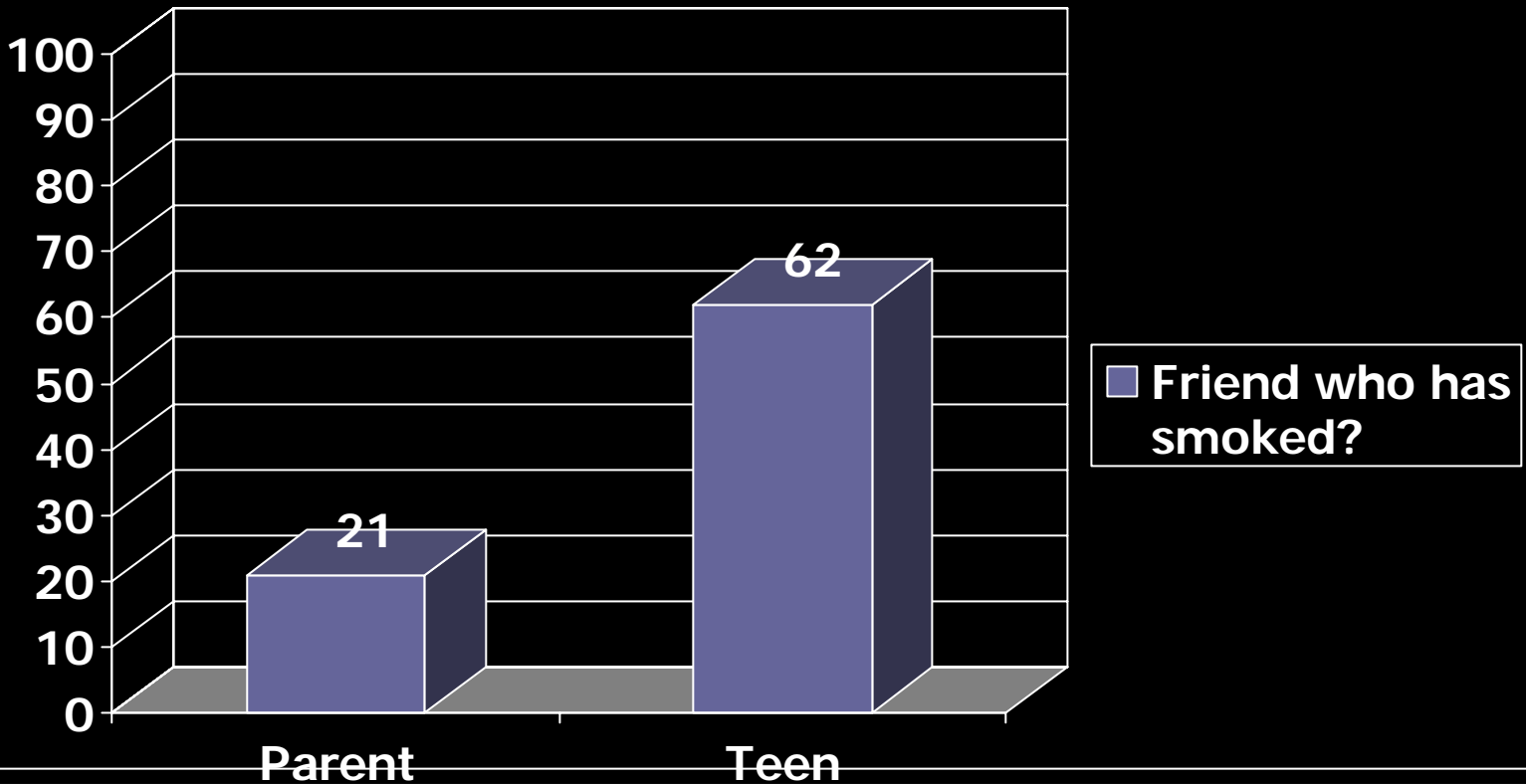
# Percentage of Students Reporting Drinking Alcohol at Least Once in the Past Year and Percentage of Parents Reporting that Their Child Had Tried or Is Using Alcohol





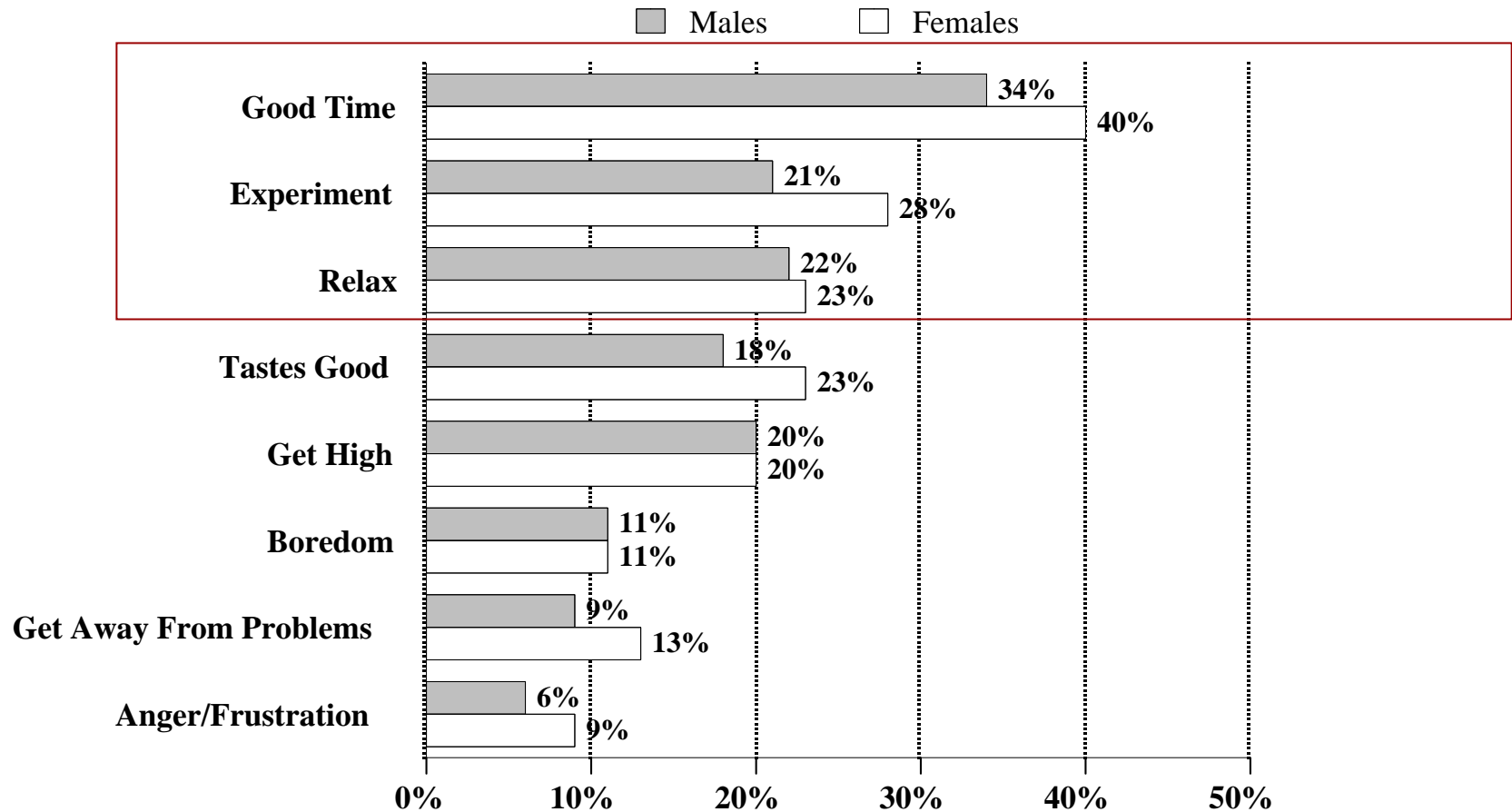
Parents who believe their teen has a friend who has smoked marijuana versus their teen's report.

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# “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)





# 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**

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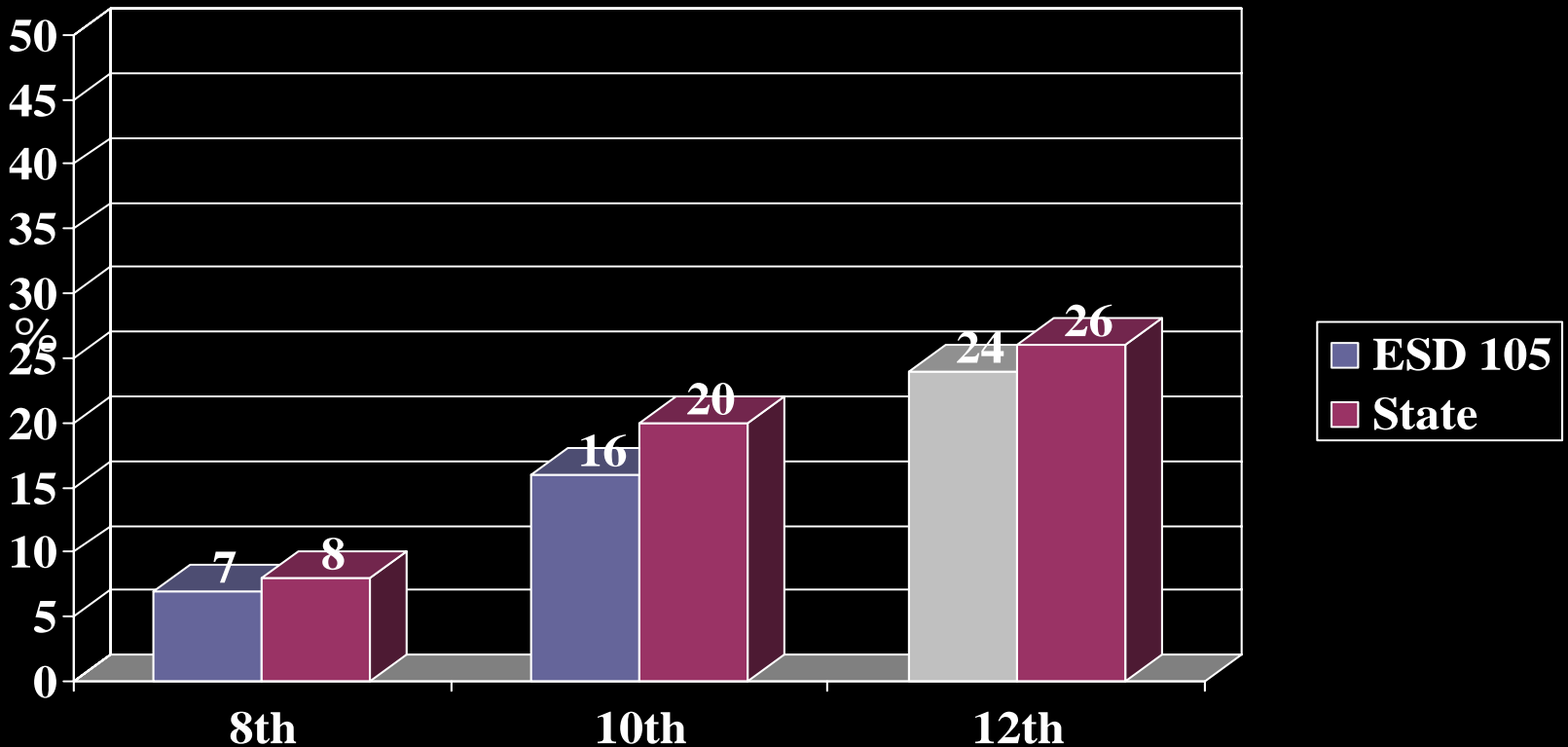
# Alcohol affects teens differently than adults!

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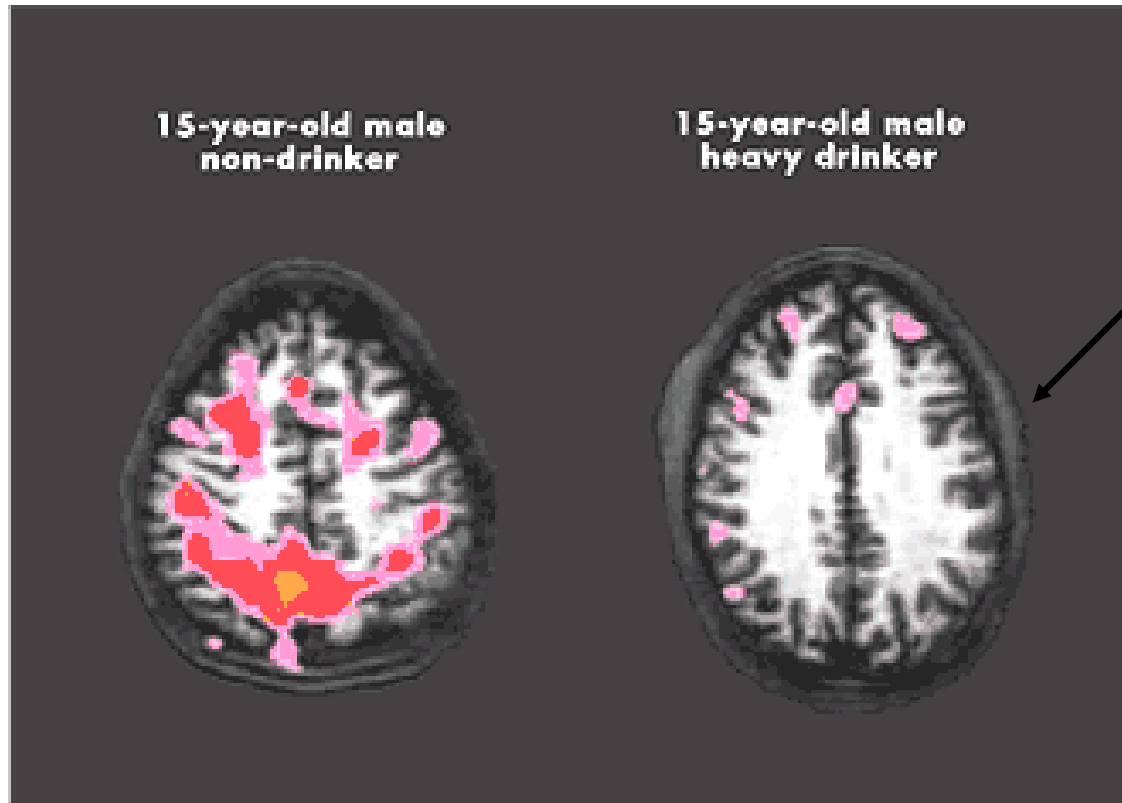
- Alcohol **suppresses** neural activity – **interferes** with the chemical messages throughout the brain – especially in the hippocampus.
- Alcohol **inhibits** the development of new memories and **inhibits** learning in the adolescent & young-adult brain (but not in the *mature* adult brain.)



# % 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?**

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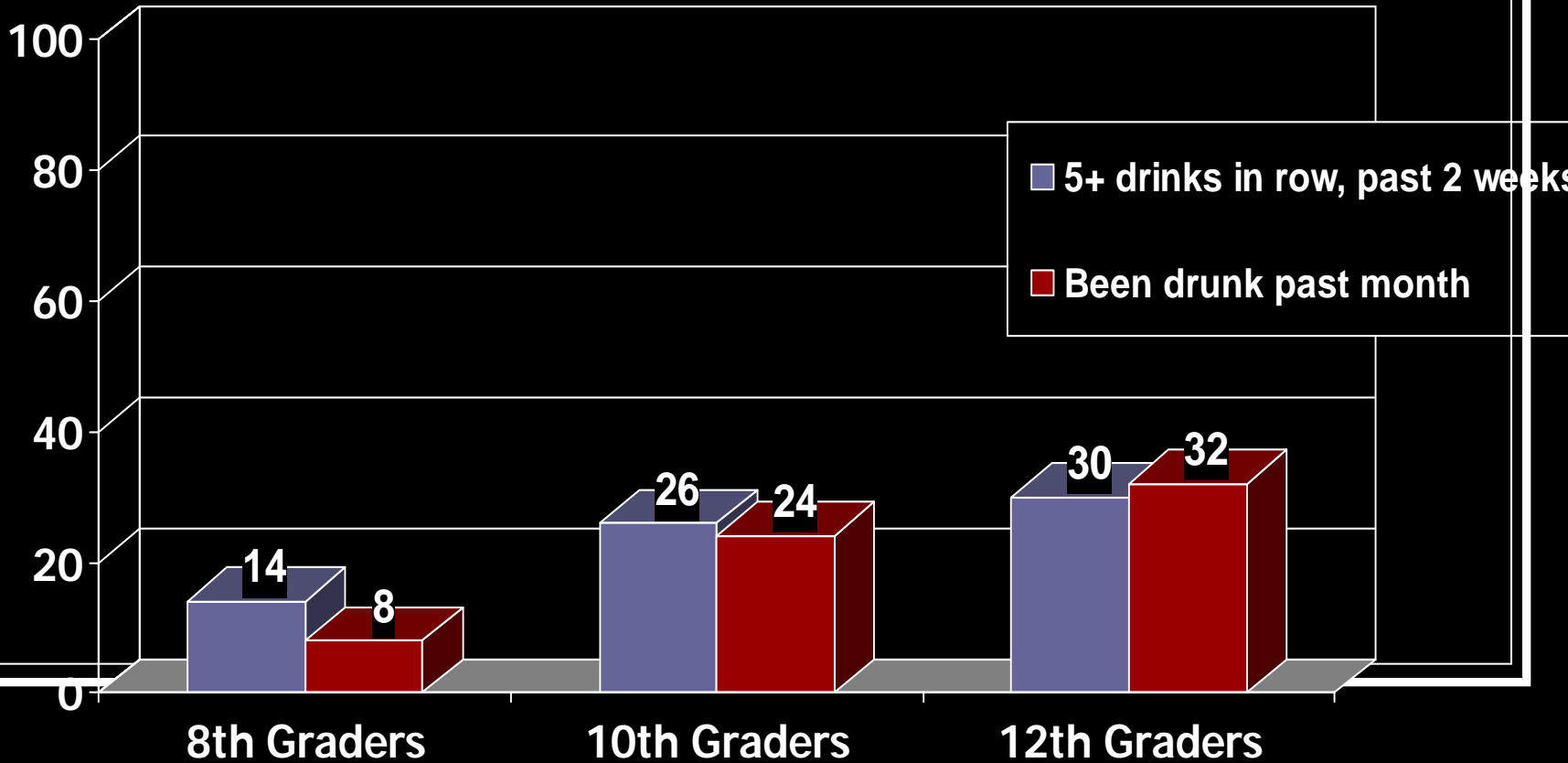
**Most certainly YES**

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



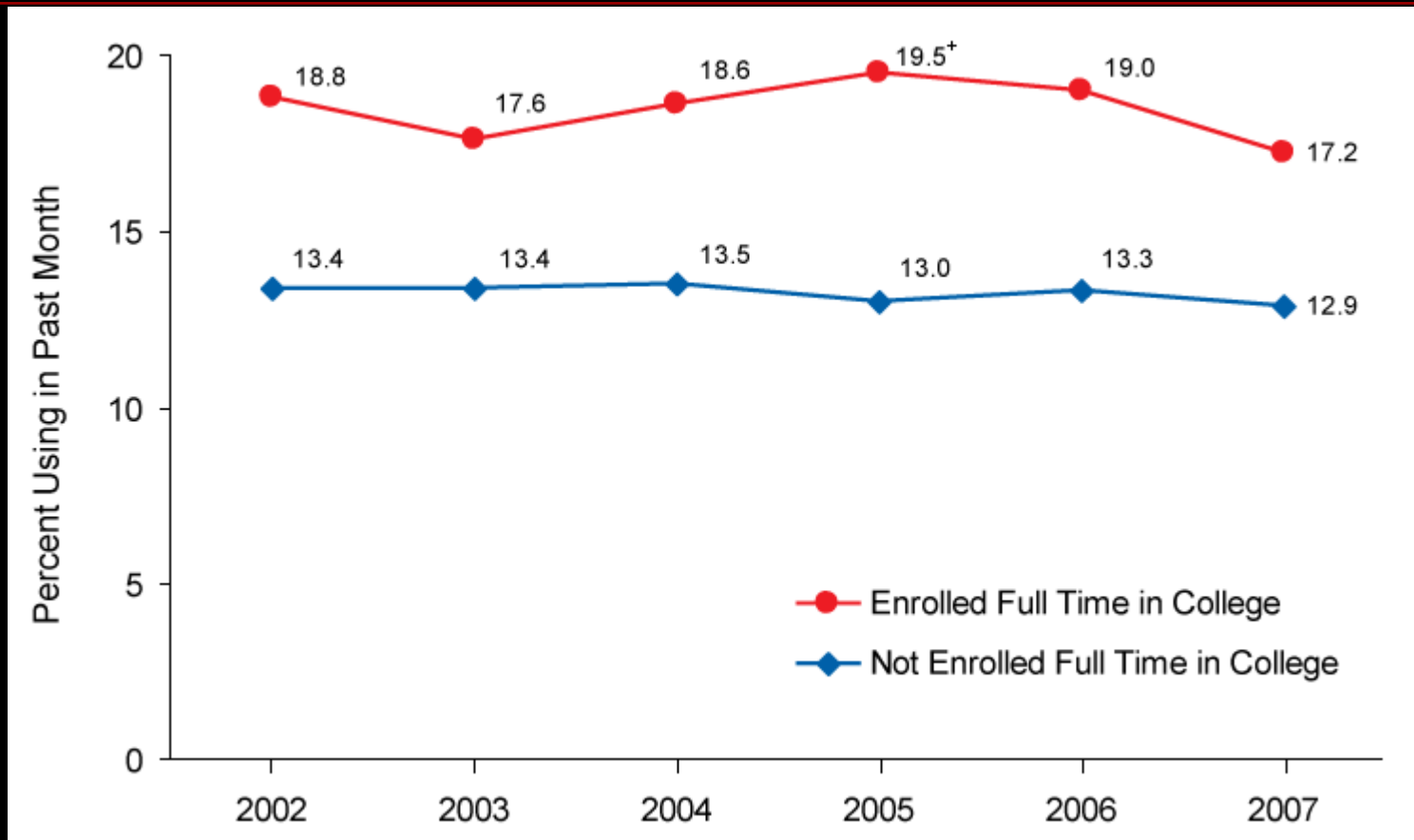
# Survey Data Suggest that Adolescents Are Less Sensitive to Alcohol's Effects

Monitoring the Future, 2001





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





# Comparing Student Drug Use

## Drug Use Rates

	United States		The Netherlands
	2002	2004	2003-05
	age 15-16 (n = 4,997)	age 15-16 (n = 4,585)	age 15-16 (n = 4,768)
<b>Alcohol -Ever use</b>	<b>64.3%</b>	<b>64.6%</b>	<b>86.8%</b>
<b>-Past month use</b>	<b>38.0%</b>	<b>39.2%</b>	<b>70.9%</b>
<b>Cigarettes -Ever smoke</b>	<b>48.5%</b>	<b>43.2%</b>	<b>54.1%</b>
<b>-Past month smoke</b>	<b>20.7%</b>	<b>17.6%</b>	<b>27.8%</b>
<b>Ecstasy -Ever use</b>	<b>9.2%</b>	<b>5.5%</b>	<b>3.3%</b>
<b>-Past month use</b>	<b>5.4%</b>	<b>2.2%</b>	<b>1.7%</b>
<b>“Hard drugs” -Ever use</b>	<b>10.9%</b>	<b>9.3%</b>	<b>3.0%</b>
<b>-Past month use</b>	<b>6.3%</b>	<b>4.1%</b>	<b>1.6%</b>

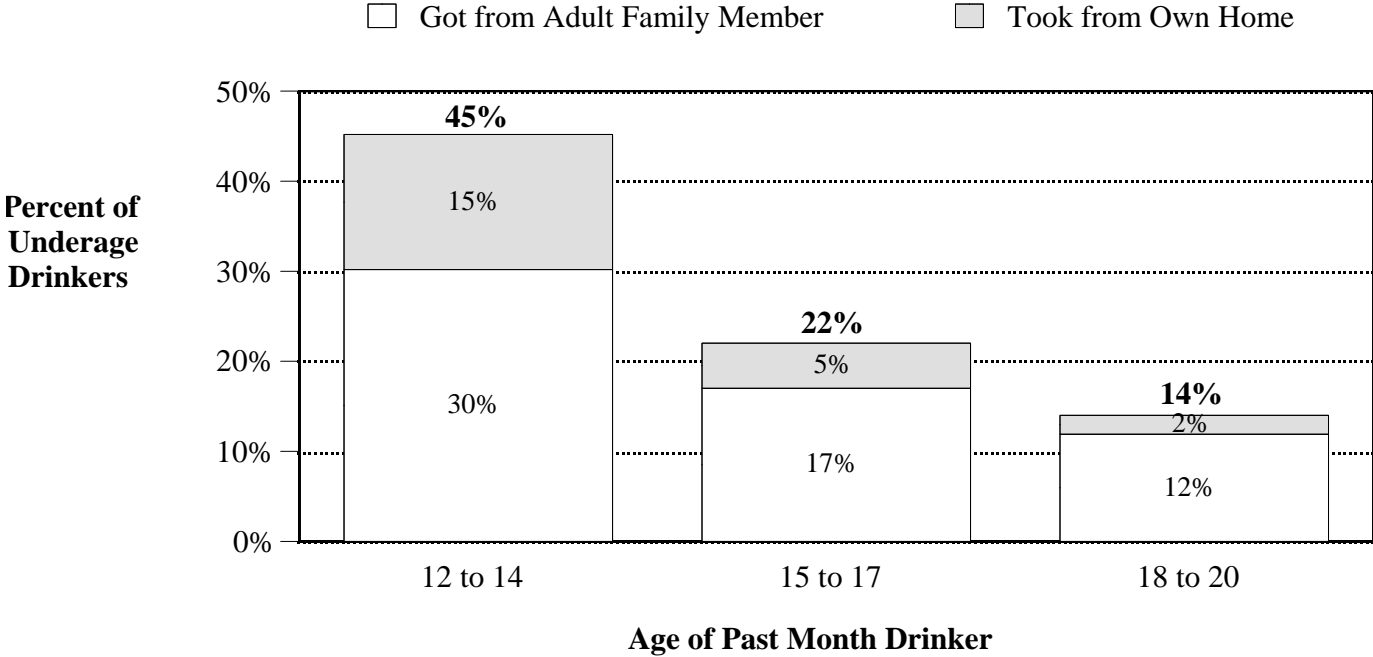


# International Youth Development Study Alcohol Use & Abuse in Victoria, Australia and Washington State

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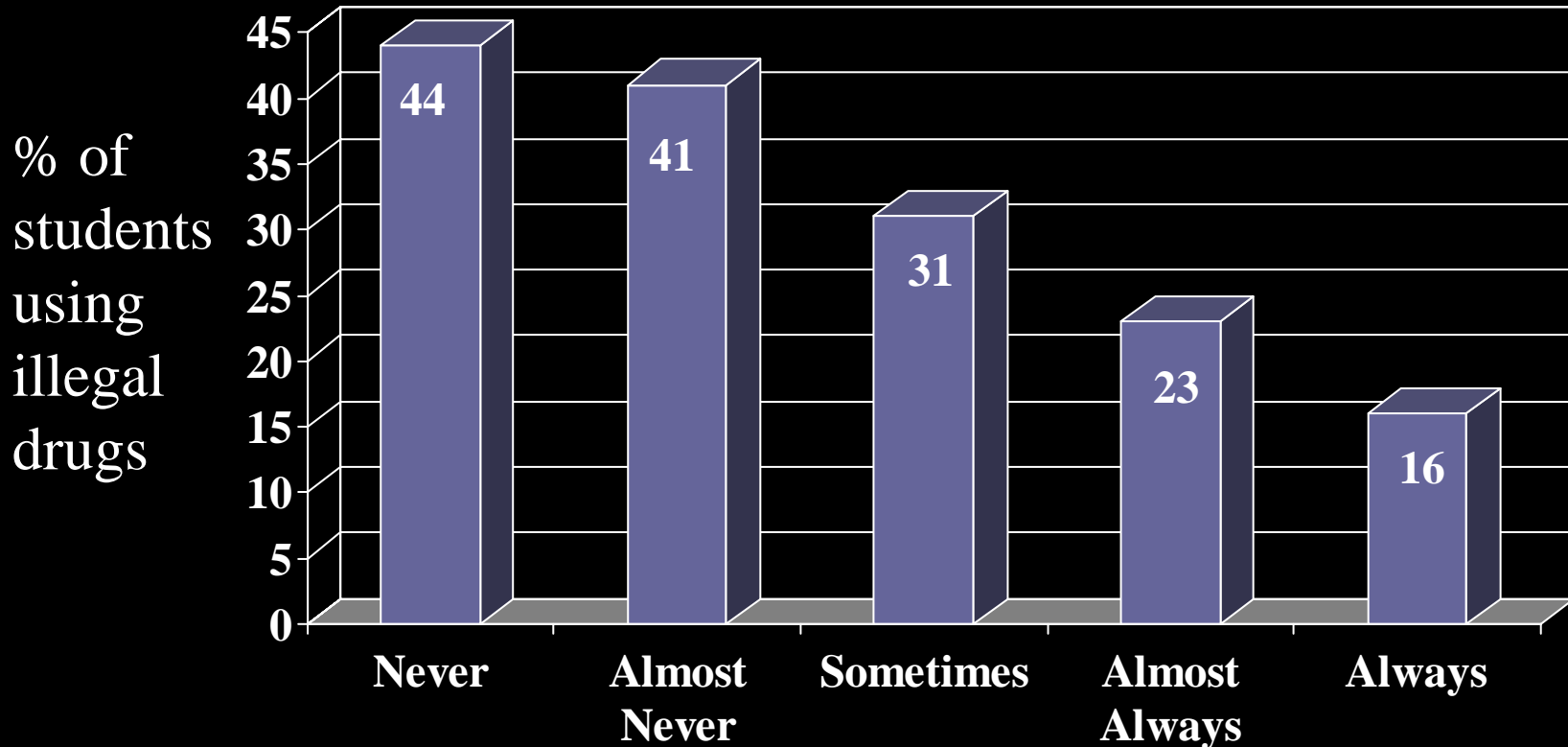
- VIC students report 2-3 times more lifetime alcohol use than WA students
- VIC 7<sup>th</sup> & 9<sup>th</sup> graders report 2-3 times more recent and regular alcohol use than WA students
- VIC 9<sup>th</sup> graders report 3 times more binge drinking than WA 9<sup>th</sup> graders

# 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

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**G** = *Clear and Specific Guidelines*

**M** = *Monitor*

**C** = *Consequence & Problem-  
Solving*



# Principles for Setting Guidelines

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## *Guidelines Should Be:*

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

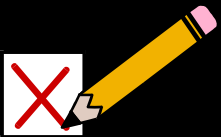


# Principles for Monitoring

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***Ensure standards are followed***



***Maintain a strong bond with your child***



# Consequences

## Should:

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- 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

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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.



# Key Principles

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





# Common Mistakes

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- 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!

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:

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***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



# Resources

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## Parent Support Groups

Changes Parent Support Network--<http://www.cpsn.org>

[www.samafoundation.org/about\\_addiction.html](http://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#](http://www.thebrain.mcgill.ca/flash/index_d.html#)

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

[www.drugabuse.gov/Published\\_Articles/](http://www.drugabuse.gov/Published_Articles/)

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

National Institute on Drug Abuse, September, 2000.