

# 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.<sup>1</sup>
- Children who drink before the age of 15 are 4 times more likely to develop a lifelong dependency on alcohol.<sup>2</sup>
- 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.<sup>3</sup>
- By eighth grade kids see 100,000 ads for alcohol.<sup>4</sup>
- Most underage drinking is in the form of binge drinking.<sup>5</sup>

### Parents: Take Action!

**83% of youth report parents as the leading influence in their decision not to drink alcohol!**<sup>6</sup>

- 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

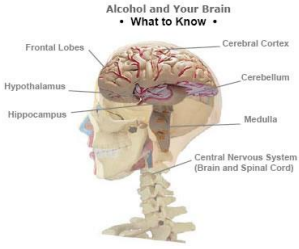


(visit <http://www.communities4action.org> for a listing)

Source: [www.ctclearinghouse.org/Topics](http://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](http://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](http://www.drugfree.org/parent)  
[www.parentfurther.com](http://www.parentfurther.com)

[www.settherulesct.org](http://www.settherulesct.org)

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

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

Compliments of Prevention Partnership Committee of

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