

PARENT EDUCATION WEBSITES

- www.drugfree.org/Parent
Website for the partnership for a drug free America includes timetotalk.org, a great resource for starting that conversation early and often with your children.
- www.parentsforfurther.com
Find simple, practical, and proven ways to help your kids succeed. Take a tour to find out about their exciting new features! E-Newsletter sign-up.
- www.settherulesct.org
SetTheRulesCT is designed to provide parents and adults with information and resources to help parents keep Connecticut's youth from drinking alcohol.

If you would like to get more involved in preventing underage drinking, please contact your Local Prevention Council. Please also visit www.lfcrac.org/calendar.htm for local and regional parent education events.

Darien

Martha Rhein/ Alicia Sillars
Thriving Youth Task Force
Email: martharhein@gmail.com
Email: asillars@darienct.gov

Greenwich

Jenny Byxbee
Greenwich Youth Services Council
Email: jbyxbee@unitedway-greenwich
Phone: 203-869-2221

New Canaan

Meg Domino
Email:
mdomino@newcanaancares.org
Phone: 203-966-7862

Stamford

Terri Drew
Youth Service Bureau
Email: tdrew@ci.stamford.ct.us
Phone: 203-977-5674

HELP IS AVAILABLE

- **211 Connecticut Info Line** • www.infoline.org
2-1-1 is Connecticut's free information and referral service. Simply by dialing 2-1-1, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.
- **SAMHSA National Drug Information Treatment and Referral Hotline 800-662-HELP (4357)** • www.dasis3.samhsa.gov
Information, support, treatment options, and referrals to local rehab centers for any drug or alcohol problem. Operates 24 hours, seven days a week.

Updated: March 2012

The Power of Parents

Did you know...

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

Source: (CASA) The Center on Addiction and Substance Abuse at Columbia University

- 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.
- 65% 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

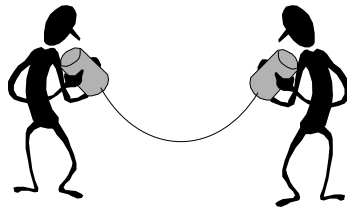
1, 2. Hawkins, J.D. Graham, J.W., Maguin, E., Abbot, R., Hill and Catalano, R., Exploring the effects of age of alcohol use initiation and psychosocial factors on subsequent alcohol misuse, *Journal of Studies on Alcohol*, 1997. 3. Partnership for Drug Free America. 4. Myths, Men, and Beer: An Analysis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



This publication is courtesy of the
**Prevention Partnership Committee of
Lower Fairfield County Regional Action Council**
www.lfcrac.org

Parents: Take Action

- Have one *more* meal together per week as a family
- Send your children positive text messages about healthy expectations and choices
- Sign a contract with your child about who they will contact if they end up at a party scene and need help
- Join your local Coalition (See back page for listing of local Coalitions)
- Talk Early and Often with Your Child
- Get Involved
- Be a Role Model
- Teach Kids to Choose Friends Wisely
- Monitor Your Child's Activities

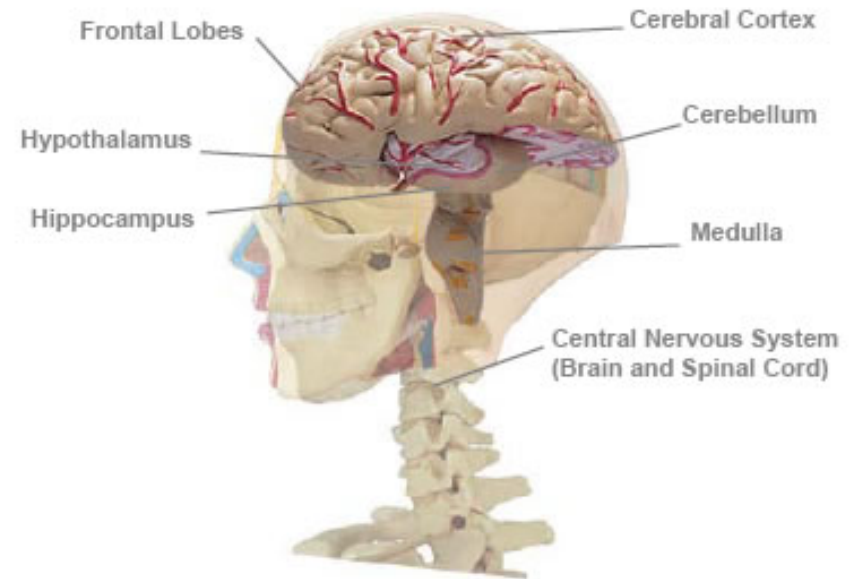


Source: www.ctclearinghouse.org/Topics

Alcohol and the Developing Brain

Alcohol and Your Brain

• What to Know •



Teen Brains

According to the American Medical Association, damage to the brain from alcohol at this time can be long-term and irreversible. In addition, short-term or moderate drinking impairs learning and memory far more in youths than in adults. Adolescents need only drink half as much to suffer 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)

The frontal lobes are important for planning, forming ideas, making decisions, and using self control. When alcohol affects the frontal lobes, a person may find it harder to control emotions and urges. Drinking alcohol over a long period of time can damage the frontal lobes forever. For more information on alcohol and the developing brain, go to: www.toosmarttostart.samhsa.gov/families/facts/brain.aspx