

Helping Your Child Make the Right Choices

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- Raising Your Child to be Drug-Free
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When Should I Start Talking to my Children about Drugs?

Just as you vaccinate your kids against illnesses like measles, you can help “immunize” them against drug use by giving them the facts before they’re in a risky situation.

When kids don’t feel comfortable talking to parents, they’re likely to seek answers elsewhere, even if their sources are unreliable. Kids who aren’t properly informed are at greater risk of engaging in unsafe behaviors and experimenting with drugs.

Preschool to Age 7. Before you get nervous about talking to young kids, take heart. You’ve probably already laid the groundwork for a discussion. For instance, when-

ever you give a fever medication or an antibiotic to your child, you have the opportunity to discuss the benefits and the appropriate and responsible use of those drugs. This is also a time when your child is likely to be very attentive to your behavior and guidance.

Start taking advantage of “teachable moments” now. If you see a character on a billboard or on TV with a cigarette, talk about smoking, nicotine addiction, and what



Picture from www.worcesterparents.org

smoking does to a person’s body. This can lead into a discussion about other drugs and how they can potentially cause harm.

Keep the tone of these discussions calm and use terms that your child can understand. Be specific about the effects of the drugs: how they make a person feel, the risk of overdose, and the other long-term damage they can cause. To give your kids these facts, you might have to do a little research. **(cont..on page 2)**

Laying Good Groundwork

No parent, child, or family is immune to the effects of drugs. Some of the best kids can end up in trouble, even when they have made an effort to avoid it and even when they have been given the proper guidance from their parents.

However, certain groups of kids may be more

likely to use drugs than others. Kids who have friends who use drugs are likely to try drugs themselves. Those feeling socially isolated for whatever reason may turn to

When censored in their homes, kids go elsewhere to find support and answers.

drugs. So it’s important to know your child’s friends—and their parents. Be involved in your children’s lives. If your child’s school runs an anti-drug program, get involved. You might learn something! **(cont.. on page 2)**

Cont from page 1...When Should I Start Talking to my Children about Drugs?

Ages 8 to 12. As your kids grow older, you can begin conversations with them by asking them what they think about drugs. By asking questions in a nonjudgmental, open-ended way, you're more likely to get an honest response.

Kids this age usually are still willing to talk openly to their parents about touchy subjects. Establishing a dialogue now helps keep the door open as kids get older and are less inclined to share their thoughts and feelings.

Even if your question doesn't immediately result in discussion, you'll get your kids thinking about the issue. If you show your kids that you're willing to discuss the topic and hear what they have to say, they might be more willing to come

to you for help in the future.

News, such as steroid use in professional sports, can be springboards for casual conversations about current events. Use these discussions to give your kids information about the risk of drugs.

Ages 13 to 17. Kids this age are likely to know other kids who use alcohol or drugs, and too have friends who drive. Many are still willing to express their thoughts or concerns with parents about it.

Use these conversations not only to understand your child's thoughts and feelings, but also to talk about the dangers of driving under the influence of drugs or alcohol. Talk about the legal issues—jail time and fines—and the possibility that

they or someone else might be killed or seriously injured.

Consider establishing a written or verbal contract on the rules about going out or using the car. You can promise to pick your kids up at any time (even 2:00 a.m.) no questions asked if they call you when the person responsible for driving has been drinking or using drugs.

The contract also can detail other situations: For example, if you find out that someone drank or used drugs in your car while your son or daughter was behind the wheel, you may want to suspend driving privileges for 6 months. By discussing all of this with your kids from the start, you eliminate surprise and make your expectations clear. (As seen on www.kidshealth.org)

Early Conversations

Here are some items to think about when talking to your children:

1) Keep a strong attachment with your children. We bond when they are babies, continue the hugs and snuggles. Nurture a caring and loving relationship with your toddlers and preschoolers. 2) When talking about any issue, keep the communication positive. Rather than telling them what NOT to do, tell them what TO do. 3) Keep discipline consistent. This builds a foundation for the teenage and rebellious years. 4)

Have a creative stock of "defiance busters." When a child will not follow directions, or is arguing, how can you halt the behaviors without yelling? Try: laughter, offering 2 positive choices, or redirecting. 5) When talking to your children, stay calm. 6) Listen to your children and answer their questions no matter how silly they may sound. 7) If a child asks you a question that you do not know the answer to, be comfortable with saying, "I do not know, but I will find out the answer for you." 8) Begin talking to your chil-

dren early and continue talking to them regularly about medicines, safe and unsafe items, and their "whys." 9) Do fun activities with your children/establish and keep family rituals. This helps them develop a healthy lifestyle early. 10) Remember you do influence your children's behavior, tell them what you expect of them and have family rules. 11) Be a good role model, children often follow what you do more than they follow what you say. (Information as seen in the pamphlet "7 Rivers' Smart Start")

Cont...from page 1...Laying Good Groundwork

Pay attention to how your kids are feeling and let them know that you're available and willing to listen in a nonjudgmental way. Recognize when your kids are going through difficult times so that you can provide the support they need to seek additional care if it's needed.

A warm, open family environment—where kids are encouraged to talk about their feelings, where their achievements are praised, and where their self-esteem is bolstered—encourages kids to come forward



Picture from www.worcesterparents.org

with their questions and concerns. When censored in their own homes, kids go elsewhere to find support and answers to their most important questions.

(As seen on www.kidshealth.org)

The Rx Generation: What do Parents need to Know?

Each day 2,500 teenagers use a prescription drug to get high for the first time. 60% of Wisconsin teenagers report they have access to controlled substances in and around their home—20% have abused them to get high. 12 to 17 year olds abuse prescription drugs more than Ecstasy, crack/cocaine, heroin, and methamphetamines combined. 60% of teens who abused prescription painkillers did so before age 15. There are as many new abusers age 12 to 17 of prescription drugs as there are of marijuana. Pharming (pronounced “farming”) - kids getting high by raiding medicine cabinets for prescription drugs. Pharm parties—parties where teens bring prescription drugs and mix them together in a big bowl (a.k.a. trail mix).

Monitor all household medica-

tions! Take note of how many pills in each of your prescription bottles or pill packets. Keep track of your refills. If you need to refill your medications more often than expected it could indicate a problem. Control your teen’s medication and monitor dosages and refills. Encourage friends and relatives, especially grandparents, to regularly monitor their own medicine cabinets.

Secure prescription medications! 64 percent of kids who have abused pain relievers say they got them from friends and relatives, typically without their knowledge. Take prescription medications out of the medicine cabinet and hide them in a place you know about. If possible, keep all medicines, both prescription and over-the-counter, in a safe place, such as a locked cabinet

your teen cannot access. Tell relatives, especially grandparents, to lock their medications or keep them in a safe place. For more information, visit www.drugfree.org/NotinMyHome.

DON'T KEEP! DON'T FLUSH! DON'T TRASH! Dispose of unwanted pharmaceuticals and over-the-counter medications at La Crosse County Hazardous Materials Facility, 65402 State Road 16 (between Onalaska & West Salem). No fee for La Crosse County residents. Small fee for out-of-county residents and qualifying businesses. For hours of operation, call 785-9999 or visit www.lacrossecounty.org.

(Information received from Tyler’s Legacy, Inc. ~ Alcohol/Drug Awareness and Support ~ TylersLegacy.org)

How to Give Your Children Medicine

Figure out a way to make taking medicine easier together. Some children really do not like medicine. Talk about how to solve the problem together. Would a glass of water help after they take the medicine? Would a cracker get ride of the “icky” taste?

Liquid medication is easily administered with a syringe that often times will be offered by the pharmacy. Syringes have easily identifiable markings to help draw up the

appropriate does in the appropriate units, many over-the-counter pain relievers come with droppers to make administering medication easier.

Capsules may be undone and the active components sprinkled on food (Jell-O, pudding, applesauce) or mixed with beverages to make them more potentially palatable. Again, consult with your pharmacist to determine if this is possible.

Some, not all tablets can be crushed and mixed with foods. Be sure to check with your pharmacist if crushing or splitting tablets is appropriate as some tablets may lose their effectiveness when altered.

Examples include delayed release tablets that are designed to release the drug over a certain period of time and may lose their effectiveness when crushed or split.

(Information as seen in the pamphlet “7 Rivers’ Smart Start”)

Medicine Guidelines for Kids

Keep in Mind.....

Be a role model. Explain why you take medicine and explain the directions you follow. Children want to be like you. They will learn from your attitude about medicine and vitamins.

Do not give “pretend medi-



cine.” Some children really like medicine and want it when their siblings take it, or because it tastes good. If they request medicine, explain that medicine is only for when it is needed.

Medicine Rules for Kids:

1. Follow the directions.
2. Only take medicine when it is needed.
3. Take medicine from a trusted grown-up.

(Information as seen in the pamphlet “7 Rivers’ Smart Start”)

You are your Child's Best Resource in Preventing Drug Use

You can help raise your child to be drug-free; meaning leading a healthy, fulfilling life without alcohol, tobacco or other drugs. You can do this by giving them a head start in life by helping your child feel good about themselves and teaching your child the facts about drugs—including alcohol and tobacco.

As parents we need to be concerned because your child may be exposed to drugs at some point in their life. Children face serious risks from alcohol and other drug use, including: harm to the body, delayed physical emotional growth, problems in school, family problems, legal trouble, physical injury or overdose. They can learn to say no before they're faced with that first offer.

You can help your child fight the temptation to try drugs. Start with

the "art" of parenting. The first step in raising drug-free children is to help them feel good about themselves. Offer praise and encouragement often. Express your approval in specific ways: "Thanks for helping," "You really tried," etc. Show your children affection. Don't assume your child knows how much you love them. Love unconditionally. Create an accepting environment. When necessary, criticize behavior not your child. Never scold in public.

Spend time together. Talk, read and enjoy shared activities. Avoid using the TV as a babysitter. Give your child responsibilities. Have your child share in household chores. They'll help him or her feel valued—and even toddlers can pitch in!

Make sure to establish clear rules and consequences and stick with them. Don't shield your younger or older child from the consequences of breaking any rules. Consistent discipline in all areas of behavior helps send the message that using drugs is not OK.

Be sure your child knows that alcohol is illegal for anyone under age 21. Also make sure he or she knows the laws in your state and community about young people and tobacco.

Know the warning signs of drug use in young people, such as: isolation, a change in friends, poor grooming, red eyes, a drop in grades, moodiness/resentment/anger, unusual spending habits and drug paraphernalia.

Teach your Child Life Skills

Children may begin using drugs for several reasons. Outside influences like wanting to imitate adults, such as parents and TV or other entertainment stars; or be pressured by friends, could be two examples of why they choose to use. Or children may use to cry out for help, escape negative feelings about themselves, or to just find out what drugs are like.

Help "drug-proof" your child by teaching him or her to communicate effectively. This will help your child

say no to drugs more easily and avoid the sense of loneliness that could lead to drug use. Deal with feelings. A child who can express feelings (including painful ones) is less likely to use drugs. Parents can help by being good listeners.

Handle your child's frustration. Teach your child appropriate ways to handle (avoid) frustra-

tion-through exercise, communication, rest, proper diet, stress reduction, breathing exercises, etc. Make sound decisions and solve problems. These skills will help prepare your child to handle pressures to use alcohol and other drugs.

Think positively. A positive attitude can help your child to learn patience, set and achieve realistic goals, and give him or herself credit for accomplishments.

Learning and practicing life skills is part of building self-esteem—a key in preventing alcohol and other drug use.

Set a Good Example for your Children

Children imitate the adults around them. Your actions carry powerful messages.

Avoid sending confusing signals, which may happen if you: drink often or to excess, use illegal drugs, smoke, sell drugs, drive after drinking or taking other drugs.

Don't depend on any drug, unless prescribed by a physician, to help you: relax, handle stress, sleep, or

lose weight.

Considering abstaining from alcohol, and never use illegal drugs. Get help to quit smoking, if you smoke.

Look closely at your behavior. Seek help if you have a problem with alcohol or other drugs.

Help your child resist peer pressure. Encourage your child to: choose friends who don't use alcohol or

other drugs, avoid places and situations where alcohol and other drugs are used, and enjoy activities that boost self-esteem.

Teach your child to: say "No Thanks," give a reason—"I'll get grounded," change the subject—"Want to play ball?" Teach them to ignore the person and walk away.

Role-playing is a great way to develop the skills to resist pressure. Practice together until your child is comfortable refusing drugs.

Teach your Child the Facts about Drug Use

With young children, teach a little at a time. Find “teachable moments” to start short talks about drugs-before you give a party where alcohol and nonalcoholic drinks will be served, for example. Explain that many adults choose to abstain from alcohol.

Explain the difference between medicine and other drugs. Discuss the difference between the responsible use of prescription and over-the-counter medicines when you’re sick, and using other drugs-marijuana, for example.

Use terms a child can understand. For example, explain that “alcohol makes you sick,” or “smoking can hurt your lungs so you can’t breathe well.”

Teach your child to say no. Teach your child to refuse any offer of

drugs and to tell you about it immediately.

With older children; share your ideas, feelings and values. Explain your views about drugs, but do so without lecturing. Follow through by setting example in your own life.

Know the facts. Support your views with current information from credible sources. Discuss the dangers. Explain the risks in detail. Mention in a matter-of-fact way: poor judgment, liver and brain damage, jail, or even death.

Other prevention tips you could follow are: Encourage healthy alterna-

tives to drugs, such as crafts, hobbies and other forms of recreation. Point out messages in the media (radio, TV, magazines, etc.) that promote drug use. Use them to start a discussion. Keep up-to-date on the latest drugs, drug terms and fads.

Hold weekly meetings with your family. These help keep potential problems from going unnoticed. Have ongoing discussions about alcohol and other drugs. Avoid having a few talks and then dropping the subject.

In the end teach your child important life skills and ways to boost self-esteem as well as setting a good example for your children.

Some Resources of help and information:

www.drugfree.org

www.theantidrug.com

www.samhsa.gov

www.acde.org

It is Not Pestering, It’s Parenting

Conflict sometimes comes with the job of parenting, especially when you’re talking about touchy subjects such as drug use. Experts say that to create an environment that combines talking with actions, you should: Know what your children are doing-their activities and how they spend their time. Be involved in your kid’s lives. Praise and reward good behavior. Set limits with clear rules and consequences for breaking them.

Of course, your kids might not like your keeping tabs on where they are and what they’re doing. It won’t be a democracy, and it shouldn’t be according to many parent experts. In the end, it’s not pestering, it’s parenting.

Here are other ways to know what your child is up to: Know where your child is when he or she is away from home. Have your kids check in with you regularly. Make a list of her/his activities for the coming

day and put it on the fridge, on a calendar or in your wallet or pocket-book. Walk through your neighborhood and note where kids your child’s age hang out. Know your child’s friends. Work with other parents to get a list of everyone’s addresses, e-mails and phone numbers so you can keep in touch with your child. Show up a little early to pick up your child so you can observe her/his behavior. Occasionally check to see that your kids are where they say they’re going to be.

Opening Lines of Communication

What do I say to my child? First, you listen. It’s important to take time to listen to your kids. Try to find time to be with your child when he or she asks to talk to you. Don’t say “in just a minute” or “not right now.” Devote your attention to what your son or daughter is saying, because kids know when you’re pretending to listen.

Some good ideas for listening: Ask open-ended questions that encourage

conversation. Avoid questions that kids can answer with a simple yes or no. Make it clear that you are listening and trying to understand your child’s point of view. When your child describes events, repeat what you think your child has just told you.

To show that you are listening, you can also use phrases such as the following: “Sounds like you’re saying...” or “Do you mean that...” or “When

that happens to me, I feel like...Is it like that for you too?” or “Are you saying...?” or “I’m having a hard time understanding what you’re saying. What do you mean?”

When they use words or slang that you don’t understand, ask them to explain.

Then you talk. You’ve listened and you’ve thought about what to say. Now comes the tough part-finding the words to say and actually starting the conversation.

Online Exposure: Teens at Risk and Parents Disconnected

(An E-Guide for Parents; everything you need to know about social networking, net lingo, and viral video to better understand your teen's online habits. Developed by Parents. The Anti-Drug)

Are you up on your teen's online habits? Did you know: The Internet is a teen's most-used medium after television, 84% of teens go online in a given week, spending an average of eight hours online per week. 9 out of 10 teens (93%) have online access at home, school, work or elsewhere. 77 percent of teens, nearly four out of five, have access to the Internet at home.

With teens spending so much of their time online and so many new Web sites, gadgets, and digital platforms popping up every day, how can parents effectively monitor their teens' technological habits?

One thing's for sure: your teen will always be one step ahead. That's why it's crucial to understand the basics and be able to speak their language, even if you can't decipher every text message they send.

MySpace and Facebook consistently rank at the top of teens' favorite and most visited Web sites. These popular hotspots allow teens to stay in constant touch and get up-to-the-minute updates from friends and their connections. You can help your kids use these sites wisely and steer clear of trouble if you follow these tips:

1. Require that the computer remain in a common area in your home rather than in your teen's bedroom.
2. Talk to your kids about why they are on a social networking site, how they communicate, and how they represent themselves on these sites. Make it clear that any information they post about themselves, their family, or their friends is open for the world to see, including photos and videos.
3. Review your teen's profile together and make this a regular activity so they aren't tempted to add inappropriate content after the fact.
4. Be consistent with setting rules and consequences pertaining to alcohol and substance abuse references on your teen's social networking pages.
5. Facebook postings, text messages, and instant messages might look like gibberish to you, but decoding this lingo is an important monitoring skill.

You might see some of these acronyms in your teens online conversation: Lingo to warn of parent monitoring; POS (Parent over shoulder), PIR (Parent in room), P911 (Parent alert), PAW (Parents are watching), PAL (Parents are listening). Social/Sexual lingo to watch for; WYCM (Will you call me?), ASL (Age/sex/location), MorF (Male or female), KFY (Kiss for you), ADR (Address), LMIRL (Let's meet in real life), HAK (Hugs and kisses), ILU or ILY (I love you), KOTL (Kiss on the Lips), WUF (Where are you from?), WYRN (What's your real name?). For the most up to date abbreviations, acronyms, emoticons, etc., visit: www.netlingo.com.

Did you know that nearly 7 in 10 teens have mobile phones? They do, and the latest models enable teens to stay in touch with friends and family through more than just a phone call. However, many parents don't understand these newer phones and all their features, allowing their teens free rein over a potentially dangerous medium.

Some tips for your teens and their cell phone: 1. Establish rules for when and how often teens can use their cell phones – both at home and at school. Make sure you know what the school's rules are regarding cell phones on premises. 2. Negotiate an agreement with your kids that if they use more than a certain number of cell phone minutes and/or text messages, they have to pay for the over charge. 3. Let your teen know that, on occasion, you'll be checking their text messages and the monthly bill for any unknown incoming and outgoing numbers. It won't seem like an invasion of privacy if you state upfront that you'll be monitoring it intermittently.

4. Make sure your teen is completely aware of safety issues, like never driving and using the cell phone at the same time. Remind them often and be a good role model yourself. 5. Discuss the unintended consequences of taking cell phone snapshots and circulating those photos with friends or on the Internet. Seemingly innocent or private pictures can quickly become public property and even legal nightmares (particularly risqué images of underage peers).

Did you know those teens that watched videos online in a one-month period were exposed to 1.2 million drug-related videos? Did you know that more than a third (35%) of teens who viewed drug-related videos are younger than 16? Also, did you know that significantly more girls than boys watch drug-related videos? Fifty-seven percent of viewers were girls; 43 percent boys.

This recent data came from a special study conducted by Nielsen Online, on behalf of ONDCP which monitored the online viewing habits of teens in June 2008. The data revealed that today's tech-savvy teens are exposed to dangerous, drug related content through the Internet. The analysis also shows that viewer comments posted to drug-related videos overwhelmingly support or suggest acceptance of the video content.

While there are many entertaining and safe Web sites promoting popular songs and videos, there are also many that contain messages harmful to youth – messages about drugs, alcohol, body image, sex and violence – (continued on page 7)

Cont...**Online Exposure: Teens at Risk and Parents Disconnected**

and kids often take these messages to heart, especially when they come from some of their favorite celebrities.

Some tips you can follow in keeping your teen's safe from online videos and music are: Talk to your kids about your own values and expectations about sex and drug use. Otherwise, the main input they'll get is from the media, Internet, and pop culture, which makes dressing sexy, experimenting with alcohol and drugs, and casual hook-ups seem like the norm. Keep the line of communication open. As your kids grow up and their tastes change, ask why they enjoy the music they regularly listen to and the videos they download.

Establish clear rules about what your kids can watch online and what they can download. Emphasize that they cannot visit porn sites or watch online clips of raunchy behavior, and check the computer history to see where they've been going. Take an interest in what your kids are listening to and are excited about. If you flat-out reject their love of popular culture, they will be tempted to shut you out completely. Embrace their world, but establish clear boundaries about what you find acceptable and appropriate.

Parents can help their children navigate the constant bombardment of information and media marketing by watching and listening to the messages their children receive. This critical viewing skill is called media literacy. There are many ways parents can help their kids become media literate: Find out what kinds of media your kids are exposed to. Have them look or listen for pro-drug or other unhealthy messages and discuss how to resist those behaviors.

Remind your child that there are people (actors, producers, songwriters, corporate sponsors, advertising executives, etc.) created to inform or entertain without credible sourcing. Discuss any messages about drugs that are untrue or unfounded. Help your child look for media messages that might not be so obvious. Ask questions like, "Does this song suggest that violence is a good way to solve problems?" "According to the movie, what are women like? What are men like?" "What does this commercial say will happen if you wear those jeans? Is it true?" "Is drug use portrayed as positive or glamorous?"

Turn a viewing or listening experience into a teachable moment. For example, if a character on a TV show is using drugs, you could start a conversation with any one of these opening lines: "I wonder what his family thinks about him getting high?" "Where do you think this person would end up in life?" "Why would he/she do drugs?"

Let me leave you with one last statistic. The average age of first Internet exposure to pornography is 11 years old. Eighty percent of 15- to 17-year-olds have been exposed to hardcore porn multiple times. If this isn't a good reason to keep an eye on what your kids are watching on line then what is?

Need more help? If you suspect your teen is engaging in risky behaviors while online, there are additional technologies that might be helpful for monitoring your teen's tech habits. Visit www.TheAntiDrug.com for a list of recommended filtering guides and products.

Imagine sitting down next to your son or daughter at the computer to help them with a computer problem. Right up there on the Internet where anybody might find it was your son or daughter's picture, hobbies and friends. And a lie: The 12-year-old had listed their age as 14 to get access to the Web site. Not only that, but among the e-mail messages they received through the site was one from a 30-year-old man/woman offering to open up "a whole new group of friends" for them.

Researchers found that 54 percent of adolescents frequently discuss sexual behavior, substance abuse or violence using MySpace. The finding was reported in a pair of related studies released by Seattle's Children Research Institute and published in the January 2009 issue of *Archives of Pediatric & Adolescent Medicine*. Unfortunately some adolescents and teenagers just don't understand how many people can actually see posts that they make as well as personal information that they give. In Houston a 26-year-old man was charged with sexual assault after luring a 15-year-old-girl through MySpace. In Connecticut, FBI officials revealed that a pair of undercover agents went on MySpace to track down two men accused of sexually assaulting underage girls they contacted through the site. In Newark, NJ., a 14-year-old-girl was found naked and strangled in a garbage bin. Friends said she had been in contact with an older man through one of the social network sites. Unfortunately these cases are all real and these actions are out there. The personal information that is given out on these sites and the chance to meet someone new is a scary road to go down and who knows what kids today can run into.

COULEE COUNCIL ON ADDICTIONS

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**Coulee Council
 on Addictions**



The Coulee Council on Addictions (CCA) provides confidential assistance, information, education and services to all people dealing with substance abuse and other addictions.

Coulee Council was founded in 1968 through a grass-roots community effort to provide information and referral services concerning substance abuse and addiction.

Through the years, Coulee Council has expanded services to deal with all aspects of addiction, including prevention, intervention, crisis management, out-patient services, and recovery support. Because of dedicated volunteers and generous community support, these services continue to thrive.

Coulee Council offers a variety of services for the community, including prevention and drug presentations, intervention resources, a Drop-In Center, assessments, out-patient services, and a resource library.

CCA strives to be a chemical-free environment with a supportive atmosphere for recovery. We also strive to Bridge the gap to recovery, to awareness about substance abuse, and to a healthier lifestyle.

Parents Who Host Lose the Most

Underage Drinking Laws

What parents should know:

- 1) As a parent, you cannot give alcohol to your teen's friends under the age of 21 under any circumstance, even in your own home, even with their parent's permission.
- 2) You cannot knowingly allow a person under 21, other than your own children, to remain in your home or on your property while consuming or possessing alcohol.

If you break the law:

- 1) You can face a maximum sentence of six months in jail and/or a \$1,000 fine.

- 2) Others can sue you if you give alcohol to anyone under 21, and they, in turn, hurt someone, hurt themselves or damage property.



Caption describing picture or graphic.

- 3) Officers can take any alcohol, money or property used in committing the offense.

Things you can do as a parent:

- 1) Refuse to supply alcohol to anyone under 21.
- 2) Be home when your teen has a party.
- 3) Make sure that alcohol is not brought into your home or

property by your teen's friends.

- 4) Talk to other parents about not providing alcohol at other events your child will be attending.
- 5) Create alcohol-free opportunities and activities in your home so teens will feel welcome.
- 6) Report underage drinking to local law enforcement.

Parents Who Host Lose the Most: Don't be a party to teenage drinking, is a public awareness campaign developed by Drug-Free Action Alliance in 2000 to educate parents about the health and safety risks of serving alcohol at teen parties and to increase awareness of and compliance with Underage Drinking Laws.