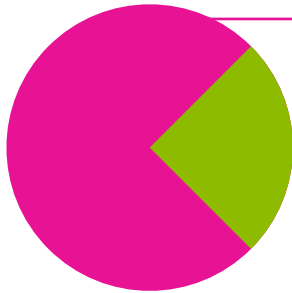




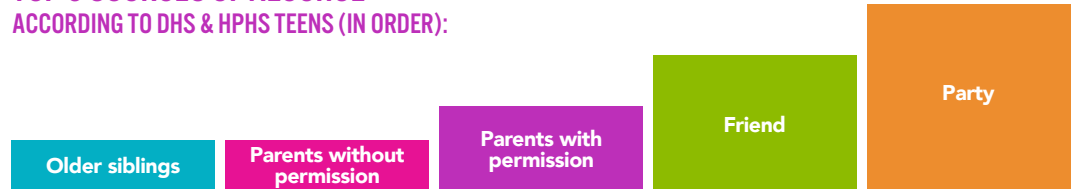
# ALCOHOL & TEENS

## GUIDE FOR PARENTS & GUARDIANS



The good news is that **75% of DHS & HPHS students do not use alcohol.**<sup>1</sup>

### TOP 5 SOURCES OF ALCOHOL<sup>2</sup> ACCORDING TO DHS & HPHS TEENS (IN ORDER):



### WHY DO SOME YOUTH DRINK ALCOHOL?

Every teen is different. While some teens say they drink alcohol to reduce stress, have fun with friends or prove their independence, there are many factors that can influence use.

No matter what the reason, a teen's long-term physical health and mental well-being are at risk because their brain and body are still developing. In the teen brain, impulsiveness and risk-taking emotions mature faster than good judgment, impulse

control and decision-making. This explains why teens are more influenced by their peers and immediate gratification than possible consequences of their actions.

If you suspect your teen may have a drinking problem, contact a counselor or doctor.



*Kids are at risk for drinking alcohol after school while many parents are still at work. Check in with your kids by calling, texting or asking a neighbor to stop by.<sup>5</sup>*

### RISK FACTORS FOR TEEN DRINKING<sup>3</sup>

- ▶ Friends/peers who drink
- ▶ Availability of alcohol at home or at friends' homes
- ▶ A relative with alcohol use disorder
- ▶ Unclear expectations about drinking and going to parties with alcohol
- ▶ Perceived acceptance of teen drinking by adults in the community

### TALK, MONITOR & SECURE



- ▶ Set clear, no-use expectations.
- ▶ Encourage gatherings when you're home.
- ▶ Reach out to parents of your child's friends. Over 90% of DHS & HPHS parents are not okay with teen drinking.<sup>4</sup>
- ▶ Reduce temptation by securing home supplies of alcohol.

### FAKE ID FACTS



Over 70% of DHS & HPHS seniors believe it's wrong or very wrong for someone their age to use a fake ID.



9% of all DHS & HPHS students report owning a fake ID and 5% said they used it to get alcohol. Among seniors, these numbers double, with 22% owning a fake ID.<sup>2</sup>

Using someone else's identification (ID), possessing an ID with false information, or lending your ID to someone else can lead to loss of driver's license and arrest. Teens who have fake IDs are also more likely to binge drink and use marijuana or other drugs.



*If you help with expenses, you have the right to know how your teen spends money. Check bank statements for larger expenses and ask for receipts. A fake ID can cost \$150 or more. Tech savvy teens may purchase illegal IDs online, which often arrive in the mail from foreign countries.<sup>6</sup>*

Sources: <sup>1</sup>Delta Intercept Survey, Oct. 2019, <sup>2</sup>Illinois Youth Survey at DHS & HPHS, 2018, <sup>3</sup>Make a Difference: Talk to your Child about Alcohol, NIAAA 2020 <sup>4</sup>CTAD Parent Survey, 2021, <sup>5</sup>Lake County Underage Drinking and Drug Prevention Task Force, <sup>6</sup>Detective James Eldridge, Highland Park Police Dept

Community - The Anti-Drug (CTAD) Coalition is a 501(c)3 nonprofit working to reduce alcohol, marijuana, and other drug use among youth in Bannockburn, Deerfield, Highland Park, Highwood & Riverwoods.



# You Are Their #1!

3 out of 4 youth say their parents—not their friends—are the #1 influence in their decision not to drink alcohol.<sup>1</sup>

## ANSWERING TOUGH QUESTIONS

### Did you drink when you were my age?

Share as much as you're comfortable sharing and be honest. Stress that you want what's best for your child and that we know more about the risks of underage drinking today.

### I got invited to a party. Can I go?

Ask the 5W questions below, reach out to your teen's friends and their parents, and remind your teen about your rules and expectations around alcohol use. Using an open and honest approach makes asking the 5Ws easier.<sup>4</sup> Discuss a code word or phrase they can text you if they want a safe ride home.

- ▶ Where are you going?
- ▶ What will you be doing?
- ▶ Who are you with?
- ▶ When will you be home?
- ▶ Will there be alcohol?

### Why do you drink after a tough day?

Tell your child that when you have a beer or glass of wine, it's not to cope with stress or a bad situation. Share positive coping methods like taking a brisk walk or calling a friend – and role model them. When you do drink, be mindful to avoid linking it to how you feel after a tough day.



For an easy way to connect as a family and protect your child against underage drinking, consider eating dinner together or chat while driving to activities.

## Talk to WITH Your Teen About Drinking<sup>2,3</sup>

- ▶ Create an environment of trust, mutual respect and understanding.
- ▶ Be actively present, avoid lecturing, and really listen to what your child has to say.
- ▶ Check in when you are both relaxed and can give your undivided attention to each other, away from screens and other distractions.
- ▶ Ask open-ended questions about what they know and think about alcohol. They will feel heard and be more likely to share in future conversations.
- ▶ Use news headlines and current events as teachable moments.
- ▶ Stay connected with your teen, respect their growing independence, and set limits that support them as they face increasing social pressures.



It's Never Too Early to Start  
It's Not One 60-Minute Conversation.  
It's 60 One-Minute Conversations.

**L**ead by example, role model healthy ways to deal with stress, and serve festive, non-alcoholic drinks at your special events

**I**ntroduce fulfilling activities and positive relationships, which are both protective factors against underage drinking

**S**et clear, consistent and realistic expectations for your teen's behavior that include consequences

**T**alk early, often, and honestly with your child, explaining the risks of alcohol in age-appropriate ways

**E**ncourage healthy choices through frequent conversations and role play situations your teen may experience

**N**egotiate a "win-win" with every conversation by showing respect for your teen's viewpoint, and in return, they are more likely to respect yours

Sources: <sup>1</sup> [archives.drugabuse.gov/blog/post/parents-how-much-do-they-influence-you](https://archives.drugabuse.gov/blog/post/parents-how-much-do-they-influence-you), NIH, <sup>2</sup> [Make a Difference: Talk to Your Child About Alcohol - Parents](#), NIAAA 2020, <sup>3</sup> [Parents! The #1 Reason Kids Don't Drink](#), Parents Empowered 2020, <sup>4</sup> [ParentsEmpowered.org](#)