



Adolescents Perceive Greater Risk to Smoking Cigarettes than Illicit Drugs or Binge Drinking

Perception to risk is known to be a strong predictor in youth substance use and recent survey findings show some alarming trends. About 70 percent of 12- to 17-year-olds see great risk in smoking a pack of cigarettes or more daily, compared to 40 percent who saw great risk in binge drinking and about 34 percent who perceived great risk in smoking marijuana monthly, according to research from the Substance Abuse and Mental Health Services Administration (SAMHSA). The report, drawn from findings in the annual National Survey on Drug Use and Health, also found that roughly half of adolescents believed that using cocaine monthly or trying LSD once or twice was very risky. Researchers said that while risk perception was relatively constant across age groups when it come to smoking, it varied more widely in regards to other substances. Go to <http://www.cadca.org/resources/detail/adolescents-perceive-greater-risk-smoking-cigarettes-illicit-drugs-or-binge-drinking> to access the full report.



For more information on HCTC, the latest on upcoming HCTC Meetings and Activities Go To: <http://www.gvhp.org/Home/OurProjects/HealthyCommunities/>

Demanding Activities: When Are They Too Much?

Whether your child is involved in sports, music, the arts, or another activity, there often comes a time when she finds herself involved in an activity that demands a great deal of time and money. In our "go-go-go" society, there are a growing number of activities that now require kids to give almost all of their free time to participate. How do you know when this is the right thing to do? Consider these ideas:

1. Talk about your values regarding success.
2. Allow time to practice and master a skill.
3. Consider the pros and cons of demanding activities.
4. Keep an eye on your child's enthusiasm
5. Ask useful questions to get your child thinking
6. See how activities affect the rest of your child's life

For more information go to: <http://www.mvparents.com/resources/ewsletter/archive/demanding-activities#allparents>



FOCUS ON ALCOHOL AND FAMILY LIFE

When looking at prevention strategies in a community it is important to focus on family life. Families have a powerful influence over a youth's decision about whether or not to use alcohol or other drugs. Unfortunately many parents don't realize the influence they can have over their children's or may not know the basic facts about alcohol or how to communicate or may not know the local resources that exist to help focus on the importance of family in prevention.

FACTS

- Research suggests that children are less likely to drink when their parents are involved in their lives and when both parents and children report feeling close to each other (Hawkins, David. et al. 1997)
- Adolescents drink less and have fewer alcohol-related problems when their parents discipline them consistently and set clear expectations about drinking (Ibid)
- Parents' drinking behaviors and favorable attitudes about drinking have been associated with adolescents' initiating and continuing alcohol use (Andrews, J., et al. 1993)

What to do:

- Hold a *Family Guide to Preventing Substance Use* Workshop on what parents can do to prevent substance use. The workshop could include:
 - Local Data on Youth Alcohol and Drug Use
 - Warning signs and Symptoms of substance use
 - Useful tips, resources and handouts for parents
 - How to create a community network of parents to ensure safe homes and safe parties
 - Parent Empowerment Brain Science* lessons/materials to guide parents in talking with their children about the effects drugs/alcohol has on the brain

How to Do it: Simple! Just Contact Rachel Pena, HCTC Coordinator: 585-227-0279 to arrange