



"Drug-Free Communities" Have Lower Rates of Teen Substance Abuse

In a new report, the Office of National Drug Control Policy asserts that towns and cities with coalitions funded by the Drug Free Communities (DFC) program have lower-than-average rates of alcohol, tobacco, and other drug use. The report states that youth drug use declined more quickly in communities with DFC coalitions than the national average; annual youth marijuana, alcohol, and tobacco use in DFC communities was 9.9 percent, 23.3 percent, and 10 percent lower, respectively, than the national average.

Healthy Communities that Care was recently awarded the DFC grant. The DFC program provides grants of up to \$625,000 over five years to community organizations that facilitate citizen participation in local drug-prevention efforts. **To read the full report go to:** http://www.whitehousedrugpolicy.gov/dfc/files/dfc_interim_findings_092408.pdf



For more information on HCTC, Youth Development and for the latest on upcoming HCTC Meetings and Activities

Go To: <http://www.gvhp.org/Home/OurProjects/HealthyCommunities/tabid/102/Default.aspx>

Startling Numbers of Teens Being Bullied Online

The Internet is becoming a bigger and bigger part of young people's everyday lives -- and unfortunately, so is cyberbullying. A new study by psychologists at UCLA finds that almost three-quarters of all teenagers reported being bullied online in the previous year. "Bullying on the Internet looks similar to what kids do face-to-face in school," said lead author Jaana Juvonen. "The Internet is not functioning as a separate environment but is connected with the social lives of kids in school. Our findings suggest that especially among heavy users of the Internet, cyber-bullying is a common experience, and the forms of online and in-school bullying are more alike than different." **To read more go to:** <http://newsroom.ucla.edu/portal/ucla/bullying-of-teenagers-online-is-64265.aspx>



FOCUS ON ALCOHOL AND IMPAIRED DRIVING

Of all the substance abuse prevention success stories, the lives saved from preventing impaired driving crashes are perhaps the most dramatic. It is estimated that more than 18,000 lives have been saved from establishing minimum drinking age laws and that the odds of a teenager dying in an alcohol-related crash are half of what they were 15 years ago. Yet, there is still so much more to do. Adults must not become complacent when fewer and fewer high school seniors say they think it is harmful to have five or more drinks once or twice each weekend. The youth population is expected to increase by 8 percent by 2005. It is even more important then, to make sure that prevention messages reach young people to help achieve even lower rates of death and injury from impaired driving. Incidents of alcohol-related traffic accidents often increase during the holiday season, so prevention efforts focused on this issue during this time of year can be particularly critical.

Facts

- ☑ For every 100,000 licensed drivers, young drinking drivers are involved in fatal crashes at approximately twice the rate of drivers age 21 and older (NHTSA)
- ☑ Even small amounts of alcohol are dangerous for young, inexperienced drivers. In 1998, more 18-year-olds died in low blood alcohol concentration (between .01 and .09) alcohol-related crashes than individuals of any other age (Ibid)
- ☑ About 3 in every 10 Americans will be involved in an alcohol-related crash at some time in their lives (NHTSA)

What to Do:

- ☑ December is National Drunk and Drugged Driving (3D) Prevention Month. Plan local activities and distribute information on the risks and consequences of drinking and driving. For ideas, visit the www.3dmonth.org Web site or call the National Coalition Against Drunk Driving at (202) 452-6004.
- ☑ Invite LCCASA (Livingston County Council on Alcohol and Substance Abuse) to do 3D Dodge ball with youth—its dodge ball with lessons about drunk driving
- ☑ Encourage local reporters to interview teenagers who have been in impaired driving crashes, either as drivers or victims, and write a story about how it changed their life.