



**Study Says Drinking with Your Kids Doesn't Prevent Abuse**

Dutch teens who were allowed to drink alcohol at home drank more outside the home than their peers and -- along with other teens who drank -- were at increased risk of developing alcohol problems, according to researchers from Radboud University Nijmegen. The study authors tracked 428 Dutch families with two children ages 13-15. They found that teens who drank at home also drank more on their own, and vice-versa, suggesting that teen drinking begets more teen drinking regardless of setting. "The idea is generally based on common sense," said researcher Haske van der Vorst. "For example, the thinking is that if parents show good behavior -- here, modest drinking -- then the child will copy it. Another assumption is that parents can control their child's drinking by drinking with the child." However, the study demonstrated that, "If parents want to reduce the risk that their child will become a heavy drinker or problem drinker in adolescence, they should try to postpone the age at which their child starts drinking," said van der Vorst. **For more information visit:** <http://www.jointogether.org/news/research/summaries/2010/study-says-drinking-with-your.html>



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

**Taming Temper Tantrums**

Your child can really blow his top, whether it be at age 2 or 15. What do you do when your child throws a temper tantrum (and maybe even an object)? Consider these ideas to keep tantrums from going amok:

**Tips for all parents :**

- Separate the feeling from the behavior. You want your child to feel and express emotions, but you also want your child to learn how to express feelings in appropriate ways.
- When you get mad, talk about your feelings with your kids. Become a role model for how you express and deal with emotions.
- Help kids not only to name and express emotions, but also how to act on them.
- Teach kids how to solve problems—once they calm down. What can they do to make the situation better? What can they do if there is no option but to accept the situation? Becoming calm and releasing steam is only one part of anger management.

**For more tips go to:** <http://www.mvparents.com/resources/enewsletter/archive/taming-temper-tantrums#allparents>



**FOCUS ON ALCOHOL AND RELATIONSHIPS**

Many young people drink because they believe it will relieve their feelings of social discomfort and make it easier to approach someone of the opposite sex, go on a date, or enjoy a party. However, drinking alcohol actually presents many new risks in such situations. Alcohol can impair adolescents' ability to make sound judgments, placing them at increased risk for unplanned pregnancy, sexual assault, or contracting sexually transmitted diseases, including HIV/AIDS. Arguments and misunderstandings between teens can also be fueled by alcohol, leading to fights, injury, dating violence, and even death. Teens need to know the real risks posed by alcohol and learn positive ways to handle their insecurities over personal relationships.

**Facts**

- Researchers estimate that alcohol use is implicated in one to two-thirds of sexual assault and "date rape" cases among teens and college students
- Half of the girls who have sexual intercourse by the age of 16 are intoxicated at the time and half later regret their action (Sachs, H.C. April 2000)
- Alcohol use in adolescents is a strong predictor of both sexual activity and unprotected sex. Teenage girls who drink are more likely to have sex and have it without a condom than girls who do not drink alcohol (Centers for Disease Control)

**What to Do:**

Invite area agencies such as Chances and Changes, Council on Alcohol and Substance Abuse of Livingston County and Livingston County Department of Health into the community to hold a training for youth, parents and community members that addresses alcohol and relationships.

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