



New Resource Shows Parents Where To Look For Drugs In Their Homes

When parents think about keeping their teens safe from drugs, they don't usually think of drugs that could be found in their homes. But today's teens are abusing prescription drugs more than any illicit drug except marijuana. The ONDCP's National Youth Anti-Drug Media Campaign is highlighting the danger zones in each room of the home with a new Rx Drug House Tour Handout, which is running as an insert in Family Circle magazine's June issue, on sale now. The printed "Danger Zones" House Tour is available FREE of charge to coalitions. **For the full story go to: <http://www.cadca.org/CoalitionsOnline/article.asp?id=2197>**

New Study Finds Link Between Lower Drinking Age and Unplanned Pregnancies

Amid renewed calls to consider reducing the legal drinking age, a new University of Georgia study finds that lower drinking ages increase unplanned pregnancies and pre-term births among young people. "Our findings suggest that a lower drinking age increases risky sexual behavior among young people, and that leads to more unplanned pregnancies that result in premature birth and low birth weight," said study author Angela Fertig, assistant professor in the UGA College of Public Health. "The take-home message is that when it's easier for young people to get alcohol, birth outcomes are worse."

For the full story go to: <http://www.cadca.org/CoalitionsOnline/article.asp?id=2204>



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>**



FOCUS ON ALCOHOL AND THE PHYSICAL EFFECTS OF DRINKING

Many young people do not understand the serious health risks posed by alcohol use. Alcohol can cause a loss of coordination, slowed reflexes, distorted vision, memory lapses, and blackouts. It can also lead to risky behaviors, like having unprotected sex. This may expose young people to HIV/AIDS and other sexually transmitted diseases or cause unwanted pregnancy. Community groups can help educate young people about the physical effects of drinking and teach them to make healthy decisions.

Facts

- 33% of 9th graders report having ridden in a car driven by someone who had been drinking alcohol (Centers for Disease Control)
- Among 12 to 17 year olds who are current drinkers, 31% have exhibited extreme levels of psychological distress and 39% have exhibited serious behavioral problems (Substance Abuse and Mental Health Services Administration)
- 40% of children who start drinking before the age of 15 will become alcoholics at some point in their lives. Delaying the use of alcohol until the legal age helps avoid many of the associated problems. If the onset of drinking is delayed by 5 years, a child's risk of serious alcohol problems is cut in half (National Institute of Alcohol Abuse and Alcoholism)

What to Do:

- Recruit prevention professionals, doctors, law enforcement, recovering youth or youth impaired-driving crash survivors to serve on a "speaker's forum" about the effects of alcohol on underage youth.
- Utilize *Parents Who Host Lose the Most* Materials to organize an aggressive outreach effort to enlist parents' support of alcohol-free proms and graduation parties.
- Encourage parents to hold informal discussions with their children about the physical effects of alcohol and why alcohol is illegal for those under 21. Provide fact sheets, sample discussion points, and other materials to adults interested in participating.

How to do it: Simple! Just Contact Rachel Pena, HCTC Coordinator: 227-0279 to help you arrange any of these activities