



Study Shows 90 Percent of Teens Admit Stronger Likelihood of Drinking and Driving on Prom Night

Each year, spring school rituals such as prom and graduation begin with so much excitement and promise yet end in tragedy for hundreds of teen drivers and their passengers. New research suggests this season could be no different. According to a national survey of more than 2,500 eleventh and twelfth graders, 90 percent of teens believe their counterparts are more likely to drink and drive on prom night and 79 percent believe the same is true for graduation night. Yet, that belief does not translate to concern, as only 29 percent and 25 percent of teens say that driving on prom night and graduation night, respectively, comes with a high degree of danger. **Go to:** <http://www.cadca.org/resources/detail/study-shows-90-percent-teens-admit-stronger-likelihood-drinking-and-driving-prom-ni>



For more information on HCTC, the latest on upcoming HCTC Meetings and Activities **Go To:** <http://www.gvhp.org/Home/OurProjects/HealthyCommunities/tabid/102/Default.aspx>

Bored Kids, Busy Parents

Summer vacation is almost here and you know what that means— it's only a matter of time until you hear your kids say, "I'm Bored". Consider these ideas to beat boredom:

Tips for all parents:

- ☑ Know that your kids will get bored. It's part of growing up. As their brains go through changes, children go through periods when they are able to easily find things to do—and times when they aren't.
- ☑ Avoid "fixing" your child's boredom. Even though they complain about boredom, most kids can find something worthwhile to do.
- ☑ Create a "beat boredom" box with your child. Together, brainstorm activities he enjoys doing. Write each on a separate piece of paper and fill up a box. The next time your child gets bored, pull out the "boredom box" for ideas.
- ☑ Kids will get bored if the programs they attend aren't interesting. Look for high-quality programs where kids are learning new skills, developing close relationships with peers and adults and feel safe. To read more go to: <http://www.parentfurther.com/resources/enewsletter/archive/bored-busy#allparents>



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.

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