



40 Percent of Young Drinkers Say Adults Supplied the Booze

About half of U.S. youths under age 21 have consumed alcohol, and of these 40 percent said that they got their drinks for free from an adult during the past month, a new survey finds.

The [Associated Press](#) reported June 26 that federal researchers surveyed teens between 2002 and 2006 and found that about one in four got their alcohol from an unrelated adult, about 6 percent got alcohol from a parent or guardian, and about 8 percent received their drinks from another adult family member. About 4 percent of those surveyed said they took alcohol from their own home.

For the full article go to: http://www.nytimes.com/aponline/washington/AP-Underage-Drinking.html?_r=2&scp=1&sq=alcohol&st=nyt&oref=slogin%20&oref=slogin



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>

New Website Gives Insight to Teen Behaviors

For every parent of a teenager who has wondered "who is this kid?" a new web site from the Partnership for a Drug-Free America aims to make answering the question easier. This new site is designed to help parents and caregivers navigate the confusing, often frustrating teen years, "A Parent's Guide to the Teen Brain" translates recent scientific findings that shed light on how brain development shapes teens' behavior and personalities into easy-to-understand tips and tools. Through video, humorous interactive segments, role-playing and advice from experts, parents and caregivers can learn how adolescent brain development explains "normal" teen behaviors.

Check it out at www.drugfree.org/teenbrain



FOCUS ON ALCOHOL AND GIRLS

While girls' substance use once lagged behind boys', research studies conducted in the past decade have shown that adolescent girls and boys are now equally likely to drink alcohol. However, there are significant differences in how alcohol is consumed and how it affects girls. For example, girls are more likely to drink to fit in with their friends than adolescent boys, and even small amounts of alcohol are more intoxicating to girls than boys, regardless of their size. Community groups need to be aware of these gender differences and tailor some of their prevention efforts specifically to girls.

Facts

- ☑ In Livingston County 60% of girls age 12 to 17 have used alcohol at least once. Of these, 32% are current users and 17% are binge drinkers (have consumed five or more drinks in a row at least once in the past month) Source: Prevention Needs Assessment Survey, 2005)
- ☑ Half of the girls who have sexual intercourse by the age of 16 are intoxicated at the time and of these, half later regret their action (Sachs, H.C MD, 2000)
- ☑ Among 8th grade girls who drink heavily, 37 percent report attempting suicide, compared to 11% who do not drink (Windle, 1992)

What to Do:

- ☑ Implement Girl Power! a national public education campaign sponsored by the U.S. Department of Health and Human Services to help encourage and empower 9- to 14-year-old girls to abstain from alcohol, tobacco, and illicit drugs and be physically active through positive activities and identifying their own interests and aspirations. Coordinate a **Girl Power!** day in your community. Invite adult female role models to talk to girls about the importance of making healthy life decisions. Hold workshops on topics such as substance abuse, nutrition, physical activity, positive relationships, and goal setting. Organize a youth forum to discuss underage drinking and what girls can do to prevent it.
- ☑ Contact local guidance counselors and help support gender-specific activities and initiatives in the schools
- ☑ Work with local businesses to sponsor internships for girls or invite girls to shadow employees for a designated period of time. Host brown bag lunches to discuss careers, job skills, and interview. Include discussions of how substance use can affect girls' plans for the future.

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