



2009 Teen Survey Finds that Teen Drinkers Often Intend to Get Drunk

Most teens are not regular drinkers, but those who do drink on a monthly basis are frequently imbibing in order to get drunk, according to a major finding of the 2009 Teen Survey released last week from The National Center on Addiction and Substance Abuse (CASA*) at Columbia University. About one in three U.S. 12- to 17-year-olds taking part in the annual National Survey of American Attitudes on Substance Abuse said they had previously consumed alcohol, and of these about one in four said they had a drink within the previous 30 days. Among those who had used alcohol in their lifetime, 17 percent said they usually drank to get drunk, compared to 68 percent who said that getting intoxicated was not usually their intent. **To read the full article and access the report go to:** <http://www.jointogether.org/news/features/2009/monthly-teen-drinkers-often.html>



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

One in Five Teens Share Their Prescription Drugs with Friends

A survey of 12- to 17-year-olds in the U.S. has found that about 20 percent said they have given their prescription drugs like Oxycontin and Darvocet to friends or obtained drugs the same way, Reuters reported Aug. 18. Allergy drugs, narcotic pain relievers, antibiotics, acne medications, antidepressants, and anti-anxiety medications were the most commonly shared. Three-quarters of those who borrowed drugs from friends said they did so in lieu of visiting a doctor. About one-third of those who borrowed medications said they had experienced an allergic reaction or other negative side-effects as a result. Past research has shown that 40 percent of adults also share their medications. **To access the full report go to:** www.jointogether.org/news/research/summaries/2009/one-in-five-teens-share-their.html



FOCUS ON ALCOHOL AND BOYS

Although girls are now as likely as boys to drink alcohol, there are important differences in how they drink. Boys are more likely to begin drinking alcohol at a younger age, more likely to move on to binge drinking, more likely to drive under the influence of alcohol, and more likely to initiate sex under the influence, often without protection. Drinking and the capacity to drink in quantity, is often viewed as proof of courage or manliness. However, challenges to “hold your liquor like a man” can have devastating short- and long-term results. Adults need to clearly communicate no-use expectations and community groups need to be aware of the risks adolescent males face and tailor some of their prevention efforts specifically to boys.

Facts

- Boys are more likely than girls to begin drinking before age 13. The earlier underage drinking begins, the greater the risk for developing a serious alcohol-related problem, including addiction (Centers for Disease Control)
- Overall male high school students are significantly more likely than female high school students to report episodes of heavy drinking (Centers for Disease Control)
- A survey high school students found that 18% of females and 39% of males say it is acceptable for a boy to force sex if the girl is stoned or drunk

What to Do:

- Contact middle school, high school and after-school athletic program directors and coaches to discuss and develop policies regarding alcohol use among team members. Encourage coaches and others working with boys to educate boys about the serious risks of underage alcohol use, including impact on athletic and academic performance
- Sponsor a club for boys that includes community service projects such as planting trees or cleaning up the town
- Promote the HOPE Youth Mentoring program through Catholic Charities of Livingston County—they are always looking for male mentors and often have boys in need of mentoring

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